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THE "MEMS" OWN COOKERY BOOK.

BY

Mrs. W. E. KINSEY.

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420 TRIED & ECONOMICAL RECIPES FOR MALAYA.

NO SCALES REQUIRED.

Price $3.50.

Singapore:
PRINTED AND PUBLISHED BY
KELLY & WALSH, LIMITED,
(Incorporated in Hongkong)
30-1 RAFFLES PLACE, 194 ORCHARD ROAD AND AT
SHANGHAI—HONGKONG—YOKOHAMA—HANKOW.

1922.

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PREFACE.

The object of this book is to help those " MEMS " who are keen on taking advantage of the possibilities of catering in this country, also with the hope that it will generally assist to combat the pernicious policy of the native cooks who not only overcharge in the prices of local commodities, but generally will not produce them, or attempt to raise non-existent difficulties.

These recipes are based upon FIVE Years (over the difficult period of 1915 to 1919) practical application by the writer in connection with the shops and market of the Town of Seremban.

PREFACE TO SECOND EDITION.

The first edition of this book was sold out in a few months and as the demand for further copies has been very heavy this second edition has been prepared. Many errors that appeared in the first edition have been corrected and the book thoroughly revised. It might here be mentioned that since the book was written many of the market products have altered in price and that the prices given must only be taken as approximate.

IMPORTANT.

ALL These recipes have been TRIED AND PROVED by the Writer in Seremban, Negri Sembilan, F.M.S.

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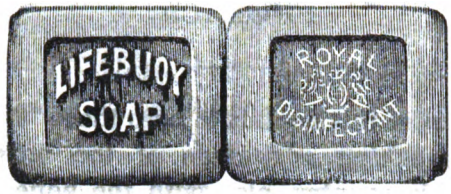

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CONTENTS.

	PAGE
Soups	1
Fish	12
Roasts	22
Poultry and Game	25
Vegetables	31
Entrees	38
Hors d'Oeuvres	76
Potted Meats	79
Sandwiches	81
Sauces, Pickles and Preserves	83
Forcemeats	93
Puddings	94
Cakes	113
Pastry	120
Additional Recipes	120
Hints on Cooking	123

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SOUPS.

ARTICHOKE SOUP.

Take a kati of young artichokes, scrape, putting them into cold water immediately, when finished place in a pan of boiling water, enough to cover, add a good pinch of salt and boil fast, when done, rub through a hair sieve, add just over a pint of the liquid and bring to boil, then add two pudding spoonfuls of undiluted milk, a dash of pepper and a tiny piece of butter. Reheat, don't boil again. Enough for four persons.

ASPARAGUS SOUP.

Open a tin of asparagus at the bottom, drain liquor into an enamel bowl. Slide asparagus out carefully on to a dish, and with a silver knife remove the tops, put the remainder into the liquor, place over a slow fire and simmer till tender. Rub through a sieve, add pepper, salt, a pint of diluted milk not too thin. Reheat, don't boil ; just before serving add the beaten yolk of an egg. The tips may be warmed and added to the soup last moment or used to decorate another dish. Enough for four persons.

BEEF SOUP No. 1.

Take half a kati of beef (shin is best), pinch of pepper and salt, one small onion. Cut the meat into small pieces, put into a casserole or fireproof dish, add the chopped onion, pepper, salt, add a pint of cold water, stand for twenty minutes, then put over a slow fire, simmer gently. When done strain through a piece of muslin and stand to remove any fat. A little cooked vermicelli may be added. The meat makes excellent "potted meat," if tender. Time two hours. Average cost 20 cents. Enough for two or three persons.

BEEF SOUP No. 2.

Same quantity as above, using three quarters of a pint of water omitting the onion, adding a little

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grated nutmeg, put into a jar, stand 20 minutes then put lid on and seal with a paste of flour and cold water. Stand in a saucepan of hot water, not to cover the jar and boil for three hours, lift and strain. Enough for two persons. An old Calvert's soap jar, properly cleaned, is excellent for this purpose. Good for children and invalids.

BEEF SOUP No. 3.

Half a kati of beef, one large onion, two cloves, one quarter teaspoonful mixed herbs, pinch of sugar, small teaspoonful of flour, small piece of chillie. Peel, slice and fry the onion in a little dripping, when browned add the cut up meat, stir well, cook two minutes then add the flour, sprinkle over, then put in carefully about a pint and half of warm water, bring to boil and turn into a stewing jar adding the rest of the ingredients. When done, strain, put little pieces of the meat into the soup, reheat, add a teaspoonful of sherry. Time two hours. Enough for three persons.

BEEF SOUP No. 4.

Take the remains of roast beef, free from fat, cut into pieces. Then fry a large sliced onion in a little dripping. When browned, add the meat, brown a little, now put in the gravy from the roast rejecting any fat at the top. When heated, turn into a stewing jar, add pepper and salt, a pinch of mixed herbs and sugar, pint and a half of warm water. Cook half an hour, strain, add a teaspoonful of Worcester sauce. Little forcemeat balls go well with this. Add a few spots from the "Bite Bottle" (see recipe). This makes a very rich soup.

BONE SOUP.

Ten cents worth of good beef bones (about two katties) and all kinds of vegetables. Chop the bones fairly small, put into a large stewpan and more than cover with cold water, add a small teaspoonful of salt, skim the soup as it boils, let the liquor reduce till about a pint or just over remains. Strain, put into a basin, stand an hour or two to get cold, so that the fat can be removed. Meantime put

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on in an enamel saucepan in a little salted boiling water two onions, a carrot, a piece of cabbage, celery green, white turnip (lobak), a little parsley, a few french beans, all cut into small pieces. When just done drain and stand on one side till cold, remove fat from soup, add the vegetables to liquor and boil all up together. Add egg shell to help clear soup and strain through muslin. Cost about 16 cents. Enough for two or three persons.

CARROT SOUP.

Get 10 cents worth of beef bones (about two katties), put into a saucepan, well cover with water, add a good pinch of salt, two chopped onions and a little turnip (lobak) if at hand. Remove scum as it rises. Boil two hours or more, strain through a muslin, stand in a basin adding any egg shells that may be handy, when cold remove fat, strain again. Get three or four carrots, slice thinly, put into enamel bowl, add the strained soup. When soft rub through a hair sieve, add a pinch of sugar, also cayenne and white pepper, more salt may be needed. Reheat and serve. Cost about 18 cents. Enough for four persons. Best made in morning and reheated.

CELERY SOUP.

Get two cent's worth celery green (about four pieces), well wash it, cut up small, put into an enamel bowl with a pinch of salt, one small chopped onion, a little over a pint of cold water. Simmer till water reduced and celery soft, rub through a hair sieve. Mix half a teaspoonful of cornflour with a little of the liquor, when it has boiled a few minutes add the rest of the liquor and bring to boil again, then add two full teaspoonfuls of undiluted milk. Don't boil again. Always remember when cooking celery to leave the lid off pan otherwise there will be a slightly bitter flavour. Enough for two or three persons. If required richer, add the beaten yolk of an egg, just before serving.

FISH SOUP.

Get a kati of fish (ikan kurau best) also any clean part of the head or tail, a small sliced onion, pinch of salt, and a bunch of parsley. Add a pint of cold water and

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boil well till quite soft, removing any scum. Now put a small teaspoonful of flour into a saucepan, add a little of the liquor gradually and bring to boil, cook for a few minutes then strain the rest of the liquor in, adding the parsley chopped fine, and some small pieces of the fish. Bring to boil, then add a dash of cayenne pepper, add two full teaspoonfuls of undiluted milk. Do not boil again. The yolk of an egg, may be substituted for the flour but this must be added at the last moment with the milk. The tail and head of an "Ikan Merah" make very good soup, little pieces of the back of the head when cooked being added to the soup. This is considered the choicest part of the fish by some people. Cost about 24 cents without egg. Enough for three or four persons.

GAME SOUP.

Take the remains of the roast bird, cut off any meat. Chop the bones, now fry a large sliced onion in a little fat till browned, then add the meat and bones. Stir a little, dust with flour, then add gravy from the roast and when hot add warm water. Stir well, put into a stewing pan, add two cloves, pepper, salt, good squeeze of lime and a little sugar. Simmer gently for three quarters of an hour, strain ; add a little port wine or sherry and some little forcemeat balls already cooked. If you do not add the balls put a good pinch of thyme to the soup at first. If soup made the same day as the roast, the stuffing may be added to soup and the seasoning will not be required. It is doubtful to use stuffing next day if it is a little sour, in which case the soup would be spoilt. This is a very rich soup.

GIBLET SOUP No. 1.

Fry a medium size onion in a little dripping till browned, then add the cleansed head, neck, liver, heart, gizzard and feet of a fowl. Stir a little, sprinkle over a teaspoonful of flour, and gradually add about a pint of warm water, stir well, then turn into a stewing jar, add a pinch of mixed herbs, pepper and salt, a couple of strips of lime rind, pinch of sugar, few rinds of bacon. When done, chop the liver finely, take little pieces of the neck gizzard and add to the soup. Time one hour. Enough for two persons This soup is better reheated.

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GIBLET SOUP No. 2.

Take the giblets of a duck, turkey, goose or capon, following directions given in recipe for Giblet Soup No. 1. Cook a little longer, adding a little black pepper and a dash of cayenne. Enough for three or four persons as the giblets are larger.

GIBLET SOUP No. 3.

Take the giblets of the fowl, put into an enamel bowl, with enough water to more than cover. Add a small chopped onion, pepper and salt. When done chop the liver and add pieces of the fowl back into the soup. Reheat, serve either plain or add a teaspoonful of undiluted milk and chopped parsley. Time one hour. Enough for two persons.

GREEN PEA SOUP.

Open a tin of good peas, take out about two teaspoonfuls to decorate another dish and put the remainder and the liquid into an enamel bowl, adding a good teaspoonful of sugar, some bacon rinds, pepper and salt and a pinch of carbonate of soda. Add a tumbler of cold water, gently simmer till soft, rub through a hair sieve, put back into bowl, add a tied bunch of fresh mint, reheat and remove the mint. Serve with fried tiny squares of bread. Enough for two persons.

HARE SOUP.

Take the remains of a roast hare, cut into pieces, flour well, add water to cover and the gravy from the roast and one chopped onion. Simmer gently three quarters of an hour, strain, add a good squeeze of lime, a dash of cayenne and more salt if necessary. Serve with small forcemeat balls. Two tablespoonfuls of port wine is an improvement.

HARICÔT BEAN SOUP.

Soak about a teacupful of beans the night before in cold water, and a little washing soda, when required drain, wash, put into an enamel bowl with plenty of cold water and if at hand some bacon rinds or ham bone, and

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one small onion ; simmer till soft, rub through a hair sieve, add pepper and salt and about half a pint of the liquid. Boil up again, then add two puddingspoonfuls of undiluted milk and a little piece of butter. Don't boil again. Enough for two or three persons. This recipe also does for butter beans.

JULIENNE SOUP.

Get a kati of good beef, free from fat, cut into thin strips, put into an enamel saucepan with a quart of cold water, a small teaspoonful of salt, a little pepper, and one chopped onion. Bring to boil slowly, skim well, then simmer for about two hours, strain through a hair sieve, then add the beaten white and shell of one egg, reheat and beat with a spoon. When cold strain carefully through a fine piece of muslin (if necessary add a little colouring). Then add all kinds of vegetables previously cut into squares, or strips, and cooked in boiling salted water. Reheat and add at the last a puddingspoonful of sherry. Enough for six persons.

KIDNEY SOUP.

Take one ox kidney and cut into thin slices, removing the centre fat. (Preparation, and ingredients as for Beef Soup No. 3). When done strain, cut the kidney very small, and put back into soup. A few bacon rinds may be added whilst cooking. Time two-and-a-half to three hours gently simmering. Cost 18 to 20 cents. Enough three or four persons. Very rich soup. Add a little sherry.

LENTIL SOUP.

Take one teacupful of red or yellow lentils (dahls) (red best), one large onion, one teaspoonful sugar, pinch of mixed herbs, a little celery green or pinch of celery seed, some bacon rinds, a little pepper and if at hand, a little cabbage and carrot. About one-and-a-half pints of water, or water that ham has been boiled in (if the latter, don't put in any salt). Well wash the lentils, put into a stewing jar. Add the ingredients and simmer till tender, rub through a hair sieve, and add the liquor and a tied bunch of fresh mint.

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Reheat and serve with tiny squares of bread, fried crisp. Cost about eight cents. Enough for three persons.

MUTTON BROTH No. 1.

One lb. neck of mutton, two large onions, bunch of parsley, one puddingspoonful of pearl barley, some pepper and salt. Wash the mutton and cut into pieces, add the onions sliced, the parsley, pepper, salt and the well washed barley. Cover with cold water and bring gently to boil, skim and simmer gently. When done lift out the meat, and use as a separate dish covering it with parsley and butter or caper sauce, chop the parsley and put back into soup, pour into a wide basin, and stand in a cool place, remove with a piece of tissue of blotting paper every particle of fat (the least drop is most objectionable), reheat and if liked, serve with tiny dumplings, cost locally 80 cents per lb. Cold Storage 24 cents per lb. Time one-and-a-half hours. Enough for two persons.

MUTTON BROTH No. 2.

Carefully remove the knuckle end from a shoulder of mutton (this will not spoil the joint). Score it in strips, put into a saucepan, add about one-and-a-half pints of cold water, one heaped teaspoonful pearl barley, pepper and salt, one large chopped onion, bunch of parsley, one cut up turnip (lobak). Simmer gently, skim well. When done put little pieces of the meat back into soup, stand in a basin to cool, carefully take off every particle of fat. Reheat, serve, time one-and-a-half hours. Enough for two persons.

OX TAIL SOUP 1.

Kerbau ox tail, one large onion, three cloves, half teaspoonful each of sugar, mixed herbs, some bacon rinds, small piece of chillie, one pudding spoonful flour, one small teaspoonful of vinegar, pepper and salt. Slice and fry the onion in a pudding spoonful of dripping, then add when quite browned and soft the skinned and jointed ox tail, cook for five minutes, stirring well, sprinkle the flour over. Stir and add some hot water. When boiling turn all into a deep enamel

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saucepan, add three pints warm water and the ingredients, bring to boil, skim, simmer gently, serve with pieces of the tail in. Will keep two days. Best reheated. Bullock tail can be made the same way but more expensive and does not make such good soup. Cost of tail 20 cents. Enough for four or five persons. Time four hours. Add a small wine glass of sherry.

POTATO SOUP.

Peel and slice about nine good sized potatoes into an enamel saucepan, add one small chopped onion, pepper and salt and enough hot water to more then cover. When done rub through a collander, or hair sieve, add the liquor and reheat, then add a tablespoonful of undiluted milk. Soup should be like cream. Time about half hour. Cost about 10 cents. Enough for two persons. This is excellent. Don't make till wanted. Add more water if necessary.

RABBIT BROTH.

Cut the rabbit into parts, remove the eyes, liver and kidneys. Wash well and cover with cold water adding a bunch of parsley, pepper and salt, two sliced onions and some rolled rashers of bacon. Stew very gently for an hour, lift the rabbit (which can be used for a separate dish, covered with either white sauce or parsley and butter), add a little cooked rice, reheat and serve. Enough for two or three person.

SHEEPS HEAD BROTH.

Let a sheep's head lie in water and salt for an hour, lift and cleanse well. Split the head in two, remove the eyes, then carefully lift out the brains and tongue. Wash the head again, put into a saucepan with plenty of water, add salt and pepper, one hour before ready add three sliced onions, bunch of parsley, one cut and scraped turnip (lobak), one cut and scraped carrot. If wanted for soup only, boil till just sufficient liquor left, cut small pieces of the cheek, add to soup also a little cooked rice. If liked, the tongues and brains may be cooked in the same water and a little

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added to, but they are usually cooked separately. The remainder of the broth, after taking away enough for the next meal's soup can be poured over the head.

SPINACH SOUP.

Get four cents of spinach (one kati), well wash, pick the leaves off and wash again in water, then put into an enamel saucepan, adding a teacupful of boiling salted water and a little washing soda, two spring onions, washed and scraped, pinch of sugar, piece of parsley, boil till soft. Strain through sieve. Put a dessertspoonful of butter into a saucepan and melt, stir in gradually, a heaped teaspoonful of flour, when mixed add slowly a little milk. When thickened, add one-and-a-half tumblers of diluted milk, boil for a few minutes. Now rub the spinach with a round spoon through the sieve back into the saucepan and gradually add the thickened milk stirring carefully. Add pepper, a little grated nutmeg and more salt if required. Don't boil again, serve very hot.

To make it richer, a little cream (if at hand) may be added at the last, or a puddingspoonful of undiluted milk.

Enough for three or four persons.

TOMATO SOUP.

Wash, slice up about half a kati of ripe tomatoes, put into an enamel bowl. Add pepper, salt, a pinch of carbonate of soda, one-and-a-half tumblers of hot water and one small cut up onion. Boil till very soft. Rub through a hair sieve, add the liquor, half a teaspoonful of sugar and bring to boil. Add a pudding spoonful of undiluted milk. Don't boil again or soup will curdle.

Tomatoes cost about 18 cents. Enough for two or three persons.

(PENUE) TURTLE SOUP, CLEAR.

One-and-a-half catties of turtle, including meat and green fat. One small onion, pepper and salt. Cut the meat of the turtle into thin pieces, put

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into an enamel saucepan, adding the lumps of fat, the cut up onion, pepper and salt and one quart of cold water. Slowly bring to boil, skim thoroughly, then gently simmer for two hours. Lift the pieces of green fat, after cooking three quarters of an hour, put on a plate. When soup is done, put in some egg shells crushed (if at hand), stand a few minutes, then strain through a piece of muslin into a wide basin. When cold remove the yellow fat at top. Cut the green fat into little pieces and put into soup. The soup should be a pale yellow. Cost about 31 cents a kati. Can be had in the market during first three months in the year, and occasionally later. The small turtles make the best soup. Green fat delicious. The finest soup to be had.

Enough for four persons.

VEGETABLE CURRY SOUP.

Peel and slice, four large potatoes, one cucumber, two large onions, add piece of cabbage, some dry crusts of bread and bacon rinds. Cover with boiling water, and cook. When soft, rub all through a hair sieve, add the liquor, and three level teaspoonfuls of curry powder, one teaspoonful sugar, one teaspoonful chutney of jam, juice of half a lime, add pepper and salt. The cream and some of the milk from half a soaked grated cocoanut, boil once, serve with boiled rice, sprinkle fried onions on top.

Enough for two or three persons.

This soup is not so rich as the average curry soup and is more easily digested.

WHITE SOUP No. 1.

Cut a small chicken into pieces, including head neck and feet but omitting heart, liver and gizard. Put into a jar with enough cold water to cover, adding a tiny chopped onion and a piece of parsley, pepper and salt. Bind edges of lid with flour and cold water paste. Stand in boiling water half way up the jar and boil gently three hours. When done strain through a muslin into a

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basin, when cold remove the yellow fat, this should be a pure jelly, very suitable for children or invalids, served either cold or hot. If desire richer add some blanched and crushed almonds and a little undiluted milk.

WHITE SOUP No. 2.

Take the remains of a steamed fowl, break up the carcas, put into an enamel bowl with enough water to cover, add pepper and salt, one small chopped onion, little piece of celery green, and simmer half an hour (leave lid off), then strain. When cold remove fat, put half a teaspoonful of cornflour into an enamel bowl, add little liquor, and boil till thickened, then add remainder, and the jelly from the steamed fowl, when once boiled add a puddingspoonful of undiluted milk and a little finely chopped parsley, plunged previously into a basin of boiling water. Add boiled rice, or if liked small cheese balls or savoury custard.

Enough for two or three persons.

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FISH

IKAN BAWAL FRIED.

Scrape the fish, cut off the fins, slit the gullet and remove the gut, etc., clean well. Make a paste of flour and cold water and rub over both sides, dip into browned and rolled bread crumbs, fry in smoking hot fat.

IKAN BAWAL ITAM FILLETED.

Scrape the fish, remove the head, cutting it sharply at the back and drawing it quickly towards the front. Wash well, remove the fins with a sharp but not fine pointed knife. Cut the fish to the bone from head to tail down centre, slide knife underneath and cut the fillet as close to the bone as possible each side, now turn, and do the other side, this leaves four fillets. Cut away the brown centre streak and bones at the top edge. Divide again making eight pieces, brush over with paste of cold water and flour. Dip in rolled bread crumbs and fry in smoking hot fat. Drain on paper. Serve very hot with excellento or parsley and butter sauce and chip potatoes. Cook the cut side first.

IKAN BAWAL PUTEH.

Same process as for Bawal Itam. Only no brown to remove from centre.

IKAN BAWAL IN RAMAKIN CASES.

Fillet and fry as recipe . Then divide with a fish fork and put small pieces into ramakin cases, sprinkle pepper and salt. Add chopped capers. Place in a tin of water in oven to keep hot. When required make some butter hot and pour a little over each.

BOMBAY DUCK.

Beat a few pieces of this with a rolling pin. Put into warm oven and make crisp. Excellent with curry or cheese. If unable to procure locally can always be obtained through H. Bolter, Singapore.

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COLD FISH AND SALAD.

Take a kati of fish (Ikan Kurau or Merah best), scale it, put into a basin, stand in a little boiling water, cover and steam. Lift carefully, remove the skin and bone with two forks, break into small pieces and place in the centre of a deep dish, pouring a little of liquor of the fish over. Put in the ice chest, but not on the ice. Just before it is required, add some salad (home grown only), sliced tomatoes, water-cress, lettuce, grown mustard, shreds of chilli, arrange round the fish, also strips of hard boiled egg and pour over some tomato mayonaise.

Cost of fish about 48 cents. Enough for four or five persons.

COLD FISH AND SHRIMPS.

Take any white fish, clean it and lay in cold milk and water, cover, put in oven and cook. When cold, pour over some good white sauce, adding a dash of anchovy sauce, and a handful of boiled and prepared shrimps. This is very tasty.

DRESSED CRAB.

See that the crabs are alive when they are bought. Put them into a big pot of cold water and bring to boil. Then cook about five to ten minutes more. Lift open the centre pocket, throw the inside away, cut off the claws and clean the shell and well butter it. Break the claws and put the meat into a basin, using a skewer to do the smaller ones. When you have got all the meat possible add some freshly grated bread crumbs, pepper and salt. A good sprinkle of cayenne pepper, stir well, and put into the shell. Add little dabs of butter. Reheat in oven. Three medium sized crabs enough for two persons.

FISH MARINADE.

Get one dozen of white and black pepper corns, eight cloves, pinch of mixed spice, a bay leaf, little salt. Enough vinegar and water to make into a paste. Cover over the filleted fish, place in slow oven till cooked. Serve cold.

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FRIED FISH IN SAVOURY BATTER.

Put a heaped tablespoonful of flour into a basin. Add a dash of pepper, half a well-ground chilli, a puddingspoonful anchovy sauce and enough diluted milk to make a stiff batter. This should be prepared about half an hour before wanted and occasionally beaten. When required, add half a teaspoonful baking powder, beat well, dip the pieces of fish into it and fry in smoking hot fat, drain on paper.

FISH CURRY.

Same as for fowl curry, only using less dripping and placing fish in pan about one minute before adding ingredients. Simmer very gently for about ten minutes. Then stand and cook a little again before required. Don't overcook or fish will be broken. About a kati of fish (Kurau best) is usually enough for three persons. Hard boiled eggs, halved and small boiled potatoes, may be added at last. Serve with vermicelli or rice. Sambals same as for fowl.

FISH MOULEE.

Half a kati of Ikan Kurau, one large onion, one chilli, small piece of fresh ginger, half teaspoonful curry powder. Squeeze of lime, half cocoanut, salt and pepper, half teaspoonful of chutney juice. Shred the cocoanut and prepare as for curry. Scrape the small piece of ginger, cut into thin slices and put into a fireproof dish. Add the chilli cut in fine slices, also the onion. Add curry powder, pepper, salt, lime and chutney. Then take the cream off the cocoanut milk and pour over, cover and stew gently five minutes, stand to cool. Cut the fish into four or six pieces and lay in dish, basting the liquid over, put on slow fire and cook till fish just done, about five minutes. Serve alone or with vermicelli or rice.

FISH SOUSED No. 1.

One puddingspoonful sliced onion, one puddingspoonful carrot, ¼ puddingspoonful parsley, ⅛ puddingspoonful celery green, ¼ puddingspoonful mixed herbs,

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good pinch black pepper same of white, one saltspoonful salt, little sliced chilli, little lime juice, two tablespoonfuls white wine or one of vinegar, pint of water.

Put a heaped teaspoonful of butter into a fireproof dish, when hot, add all ingredients except wine and water. When quite soft, but not browned add the head and fins of fish (well washed) and about a pint of hot water and the vinegar or wine. Simmer about a good half hour, removing scum as it rises. Cool. Lift the head and fins, lay in the pieces of fish and simmer gently till done, leave in pickle till cold. The celery green may be omitted, as it frequently has a bitter flavour. If at hand always use a piece of white celery.

FISH SOUSED No. 2.

Butter. Three medium sized onions, a heaped teaspoonful curry powder, one ground chilli, one teaspoonful salt, one teaspoonful chutney. Put a heaped teaspoonful of butter into a pan, and when hot, slice and fry the onions. When browned, turn into a basin, add the rest of ingredients and make into a paste with vinegar. Cover the fillets of fish with this. Now take two chopped onions, a teaspoonful curry powder, squeeze lime, good pinch of salt, half to a pint of vinegar, according to quantity of fish, boil till ingredients soft. Place fish in a stone jar. Pour ingredients over whilst boiling, when cold fasten down. This pickle may be used again.

FISH SOUSED No. 3.

Take about eight small fish (Ikan Kedra best), remove the heads, clean and scale them, lay in a pie dish. Sprinkle over salt, five black pepper corns, three white, a pinch of mixed spice, one bay leaf, four cloves and enough vinegar and water to just cover. Cover and bake slowly in oven.

Excellent cold for breakfast.

FISH STUFFED.

Scale the fish and remove the fins, slit the gullet, and remove the gut and gills, clean well. Take a broad sharp

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knife and carefully cut both sides of the fish, remove bone. Make a stuffing of one small chopped onion, grate of nutmeg, little chopped parsley, pepper and salt. Pinch of mixed herbs, little grated lime peel, one beaten egg. Place this on one piece of fish and cover with the other. Tie round and round with fine string, brush with flour and cold water paste or beaten egg and dip in browned breadcrumbs, fry in smoking hot fat, or if preferred, rub over with a little butter and bake in the oven, and when done shake over browned bread crumbs.

IIKAN KURAU FRIED.

Take half a kati of fish, clean and remove scales and bone. Cut in four pieces, brush over with either a little paste made of flour and cold water, or beaten egg. Dip in rolled breadcrumbs and fry in smoking hot fat. Drain and serve. Cost about 24 cents. Enough for two or three persons.

IKAN KURAU No. 1 SAVOURY.

Take half kati of fish, clean, remove scales and bone. Cut into four pieces and place in a fireproof dish, rub over a little salt, sprinkle pepper, shake over some browned breadcrumbs, little chopped parsley, lumps of butter, cover and bake.

IKAN KURAU No. 2.

Take half kati of fish, wash scale and bone. Cut into four pieces, place in a fireproof dish. Rub over salt, sprinkle pepper, rolled breadcrumbs, dash of cayenne and a good heaped tablespoonful of finely grated cheese. Add little lumps of butter and bake, if not sufficiently browned on top, put a tin of hot embers over.

Cost of fish about 24 cents. Enough for two or three persons.

IKAN KURAU No. 3.

Take half kati of fish, wash, remove scales and bone. Cut into four pieces, place in a fireproof dish, rub over with salt, sprinkle pepper, mixed herbs, one small

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chopped onion, little chopped parsley, add a beaten egg and bake.

Cost of fish about 24 cents. Enough for two or three persons.

IKAN KURAU No. 4.

Take half kati of fish, wash, scale, remove bone. Cut into four pieces, put into fireproof dish. Into a basin put a level teaspoonful of curry powder, pinch of salt, pepper, few thin slices of chilli, half a finely sliced clove of garlic, pinch of sugar and one good sized onion thinly sliced and fried crisp in butter, a pinch of flour, half teaspoonful of butter, squeeze of lime, mix all together with a little water and spread over fish and bake.

Cost of fish about 24 cents. Enough for two or three persons.

IKAN KURAU.

Take half kati of fish, place in a basin and stand in a saucepan with a little hot water and steam, when done turn out and pour over some cheese sauce.

IKAN KURAU SMOKED.

Take about ¾ kati of fish, scale and clean it, sprinkle over with salt and pepper, well rub in some butter both sides. Place on a grid. Arrange some bricks in the stone oven in kitchen, and stand the grid on, so that it is supported on both sides well up. Take two or three straw bottle covers, place one in each other and then add in the centre of the inner one, a few dull (not bright) embers. Fan a little to start a smoke, must be done very carefully or straw will catch. When the smoke starts to rise lay the straw under the fish so that the smoke goes right through. Now quickly shut the door, after about five minutes take out fish, turn it and rub over again with butter and put back, keeping oven door closed. When a golden brown (about twelve to fifteen minutes), remove it. Should be smoked beforehand and when required, put a little butter in frying pan, add fish make thoroughly hot turning constantly. You may need more straw.

This is a great delicacy.

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IKAN LIDAH FRIED.

Wash and scrape the fish, cut off the tail and on the grey side only slip a knife under the skin, and with the fingers draw quickly towards the head. If fish fresh, it will come away easily, then remove the head cutting sharply at the back and pulling towards the front, this should remove the gut clean. Rub over with flour and cold water paste or beaten egg, dip into rolled bread-crumbs and fry in smoking fat, drain and serve very hot with chip potatoes and excellento sauce. This is the most delicate fish out here and nearest to a sole, must be served very hot as it quickly gets cold.

About 26 to 36 cents a kati.

IKAN LIDAH BAKED.

Prepare fish as for above recipe, if they should be fairly large, leave the back part of head on and clean away the gut only. Lay in a buttered fireproof dish, rub over with salt. Sprinkle rolled bread crumbs over and dabs of butter and bake in slow oven. This fish only takes a few minutes to cook.

MARINADE FOR FISH.

One sliced ripe tomato, a small chopped onion, three thin slices of capsicum, a sprig of mint, four black pepper corns, two cloves, little lime juice, salt, a tiny piece of fresh sliced ginger, a saltspoonful of coriander seed (rolled on a curry stone), mix ingredients and enough vinegar and water to cover fish in fireproof dish. Cook in oven and leave till cold.

Very good.

IKAN MERAH WHOLE.

Cleanse and scale the fish, slit the gullet and remove the gut, etc. and throughly wash, lay it on a dish, stand on a basin, place in fish kettle with hot water, enough to cover half the basin, when steamed serve with either parsley and butter, shrimp, or cheese sauce. The latter I think is the best.

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IKAN MERAH COLD.

Prepare and cook fish as for above recipe, the moment it is done, quickly remove the skin from both sides, otherwise will not carve well when cold, as this fish contains more gluten than any other. Leave the head and tail on, place on a large clean dish and when required put home grown salad round, cucumber, lettuce, tomato, spring onion, watercress, mustard green, add slices of hard boiled egg, and cover the fish with cold shrimp sauce. Don't put the sauce or salad on till last moment, then the dish has a much fresher appearance. Keep salad in water and break the green with the fingers (never cut with a knife), place in a dry towel and shake.

PRAWNS IN BATTER.

Put the prawns into a saucepan of cold water, cook about five minutes after coming to boiling point, lift, shell and trim them. Dip into a batter (prepared half an hour beforehand) consisting of two heaped tablespoonfuls of flour, little cayenne pepper, black pepper, one beaten egg, salt and a little milk sufficient to make a stiff batter. Just before using add a pinch of baking powder. Fry in smoking hot fat and drain. If they are fresh water prawns add to batter a teaspoonful of anchovy sauce.

REMAINS OF COLD FISH No. 1.

Flake with two forks, sprinkle with black pepper and salt, add browned breadcrumbs and grated Parmesan cheese. Put little dabs of butter over and bake.

REMAINS OF COLD FISH No. 2.

Flake with two forks, add pepper and salt. Now cook a little vermicelli in boiling milk and water, when done strain, grease some ramakins, put a little vermicelli at the bottom and round. Add the fish, shake a little tomato sauce over, first adding to it a crushed clove of garlic and a little milk, spread a little more vermicelli over the top, add a piece of butter, stand in shallow tin of water and bake.

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REMAINS OF COLD FISH No. 3.

Put a little cold white sauce into some greased ramakins. Break the fish with forks, add pepper and salt, cayenne, and put a layer of fish over the sauce, add more sauce and few chopped capers and reheat.

Always chop capers with a silver knife.

ROE SAVOURY.

Get a little roe, put into a piece of muslin and boil or steam a few minutes. Lift, sprinkle over cayenne pepper and salt and browned breadcrumbs, fry quickly in hot butter, serve on hot buttered toast with a squeeze of lime or break with a fork and put into buttered ramakins, adding little strips of fried bread standing up. Keep in oven till required. The hard roe of tinned herrings cooked crisply make a very tasty savoury, adding a *few spots from the* "Bite bottle."

If Ikan Kurau is hard when cooked, it has been too long on ice before purchased.

SALMON, TINNED HOT.

Remove the salmon from the tin, and turn into a fireproof dish, stand in frying pan of hot water, when quite hot pour over some good white sauce and when dishing up, add some thinly sliced cucumber. Always keep the lid on, as the flavour of salmon evaporates.

SALMON, TINNED REMAINS.

Break into small pieces with a fork, add some freshly grated breadcrumbs, black pepper, one beaten egg. Put into a greased basin and steam ¾ hour. Serve with white sauce.

SARDINES GRILLED.

Lift the sardines carefully from the tin, rejecting as much oil or tomato as possible, lay on a grill or in a frying pan for half an hour to throughly drain, remove oil with a piece of soft paper. Place over a clear fire,

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turn carefully when brown and crisp. Pile upon hot buttered toast, sprinkle a little cayenne over and serve with pieces of lime.

SARDINE SAVOURY.

Butter a fireproof dish, lay fish in carefully, free from oil, sprinkle with finely chopped onion and breadcrumbs, parsley, tomato sauce, dash of vinegar, pepper, and add little pieces of butter and bake.

SARDINE MOULDS.

Take rather less than a pint of water, that fish has been boiled in, add a little lime juice, a bay leaf, parsley, little black and white pepper, pinch of salt, simmer gently and strain on to about eighteen strands of agar jelly that has already been soaking in a little water. Reheat and stir until dissolved. Now open a tin of sardines into a basin and beat well adding a little cayenne or put finely chopped chilli ; when liquor nearly cold strain, add two tablespoonfuls of undiluted milk, pour a little into the wetted moulds, add a teaspoonful of fish and fill up with jelly. Ice. When required, turn out of moulds on to a dish, decorate with sliced tomato and cold potato salad.

STEAMED FISH MOULD.

Take remains of cold fish, flake with two forks. Add black pepper and salt, grated breadcrumbs, lump of butter, one beaten egg. Put into a mould and steam for ½ hour, turn out and pour over parsley and butter, or good white sauce.

COLD STORAGE BLOATERS.

Clean the gullet with a piece of soft paper, and with another piece, rub over the outside of the fish, don't wash in water and don't remove the roe. Place on a grid and put over a clear fire, turn frequently with a pair of tongs. If fish very dry, add a little butter, spreading over with a fowls feather. Takes about five minutes to grill. Skin should be browned and blistered ; serve hot. If cooked in a frying pan, put a very little butter in first.

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COLD STORAGE HADDOCKS.

Pour a jug of cold water over the fish. Place in a large frying pan or fish kettle with just enough cold water to cover. Bring slowly to boil and cook a few minutes longer. Lift, drain carefully, put on a very hot dish, spread over with butter and serve at once.

COLD STORAGE KIPPERS.

Pour over them a jug of cold water and whilst still wet place in a fireproof dish. Sprinkle with pepper, add little dabs of butter, cover and cook in slow oven, done in about five minutes. Bring to table in same dish. This is the best way to cook kippers out here.

IKAN KALUI FRESH WATER FISH.

Prepare and cook as Ikan Merah.

ROASTS.

BEEF.

Skewer the joint through and tie tightly with string, shake over a little flour on both sides. Put in a baking tin with some good dripping. Put in a very hot oven, after five minutes turn so as to set gravy both sides, then lower the heat a little. Baste frequently and turn once again later. Allow about fifteen minutes to the kati. Put the beef on a very hot dish, slowly pour off the fat, leaving the sediment at the bottom, sprinkle over some flour, add a pinch of salt and pepper and about half pint or less of hot water, stir until it boils, put in soup tureen. Beef should never be cooked right through, there should be a a little red in centre.

LAMB OR MUTTON CHOPS.

Get 1½ lbs. of chops, not cut but just snicked through the bones at the back so as to be able to carve easily. Chop the bones across about three inches from the end

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and bend them, don't separate. Dust with flour, put into baking tin with good dripping or mutton suet and roast in a moderate oven. Mutton must be cooked more slowly than beef. Baste well. Time about ¾ hour. Enough for four persons.

SHOULDER OF LAMB OR MUTTON.

Sprinkle the joint with flour, put into a baking tin with some good dripping. Place in a fairly hot oven at first, turning joint after five minutes, then lower the heat a little. Mutton requires a little longer cooking than lamb. Baste well. Allow about one hour for a three lb. joint. Serve with either mint or onion sauce. Make gravy from the tin, same as for beef, using less flour.

LEG OF LAMB OR MUTTON.

Prepare as for shoulder, requires much longer cooking. Make the gravy from the tin. Serve with onion sauce, red currant jelly or mint sauce.

LOIN OF PORK.

With a sharp knife, score the fat of the joint down and across. Rub some butter, or good dripping, well into it, and put in a baking tin with a little good dripping, baste constantly. Cook slowly in a moderate oven. A piece about three lbs. should take not less than 1¼ hours to cook. Half an hour before joint is ready, make some sage and onion stuffing, flour the hands and roll into balls and place in baking tin, turn and baste often. About ten minutes before dishing up, shake a little flour over joint and increase the heat a little to make the fat crisp. Put the meat on a hot dish, place the stuffing round, carefully draw off the fat, add flour, pepper and salt, a little lime juice and about half pint of hot water. When thickened pour into a sauce boat. Serve with apple sauce or apricot jam. Tinned Brussel sprouts or parsnips go well with this dish. Always remember, pork must be absolutely cooked all through.

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ROAST SUCKING PIG.

Wash the pig, then slit open the stomach, and remove the entire inside. Wash all throughly including the inside of the mouth, remove the eyes, burn off any trace of hair. Wipe the inside dry and fill with plenty of sage and onion stuffing, adding two tablespoonfuls of butter. Then carefully sew the pig up. Draw the front feet forward so that they extend beyond the body. Skewer through close to body and fasten the head slightly backwards. Extend the back feet and skewer through. Then with a sharp knife score the back of the pig all over criss cross pattern. Well rub over with good butter, put some dripping in the pan, lay a sheet of greaseproof paper round the pig and put into pan. After half an hour, remove paper, and baste well. When nearly done increase the heat to make the fat crisp. Place the pig on a very large dish, put a lime in its mouth, carefully pour off all the fat, add a good squeeze of lime, pepper, salt and some flour and half a pint of hot water. When thickened, pour into a sauce boat. Serve with apple sauce or apricot jam. Dust the pig with flour, about ten minutes before dishing up. It must be constantly basted, to prevent it burning and thoroughly cooked through. About two hours slow cooking, in a moderate oven for the average sized sucking pig. It is great delicacy. Put the fat from the tin in a separate dish ; excellent for roasting fowls.

BREAST OF VEAL.

Make a stuffing as for fowl, adding a little more grated lime peel. Remove the bones, spread over the breast a little butter then the stuffing ; roll and tie neatly. Slightly flour, put into a baking tin with good dripping or ghee. Bake in a moderate oven and baste well. When done, drain off the fat, add flour, pepper, salt, squeeze of lime, a lump of butter, little hot water, bring to boil, put into a sauce boat. Serve with boiled ham or rolled rashers of bacon, cooked in the baking tin, five minutes before dishing up.

The veal must be prefectly fresh and then well cooked or it will not keep.

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POULTRY AND GAME.

HOW TO DRAW GAME AND POULTRY.

The moment the bird is actually dead, remove the feathers quickly whilst the bird is warm, starting with the breast feather first, holding the bird in your left hand, head away from you, and pull feathers away from you, then do the legs and neck, back and wings. Cut the feet off after bending the knee, always remember to cut through carefully at the joint or the leg will shrink in cooking. Now cut off neck at base, then with the fingers gently ease round the crop (the food bag, right hand side of the breast). Then pull carefully and draw the whole bag out and throw away. Then make a downward slit in the vent, have ready a bowl of cold water, plunge the right hand in and hold the bird down on a board with the left, insert the fingers and gently pull away the whole inside, if not quite away, put the hand gently in and draw sharply taking care not to break the little green gall bag in the centre of the liver. This must afterwards be carefully cut out without breaking. Now put the hand in again and with the finger push close up to the top of the backbone and remove the lungs on either side, then wash the bird. If large, press the breast down, and skewer the legs neatly up to the body at once, as the stuffing may be put in later. Now throw away all but the head, neck, liver, heart, gizzard and feet, the latter put into boiling water for five minutes and skin, removing the nails. Cut the gizzard through like a kidney, wash out the food and grit, and remove the thick yellow lining, well wash the head and mouth. The giblets may be used for soup.

If the bird is to be stuffed, put the stuffing inside just before roasting, the native cook usually puts a stuffing into the crop aperture which gives the bird the unsavoury appearance of having a full crop.

This direction suits all game and poultry except turkey when the sinews of the legs must be drawn as directed for Roast Turkey.

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CAPON ROAST.

The best way to prepare a capon is to kill it in the evening and remove the feathers only. Hang it by the feet till morning, then draw it, singe it and clean, use the giblets for soup. Keep bird in a cool place till evening, then wipe the inside with a damp cloth, and stuff with fowl stuffing. Dust over with flour, after skewering it and tying, put in a baking tin, with plenty of good dripping and bake in a moderate oven. Baste well. After drawing the bird, it is better to fasten the legs well back and close to the body, easier than if left till night time, and the bird can be stuffed without removing skewers. Pour the fat out of the tin, add pepper, salt, flour, squeeze of lime, half pint of hot water and thicken, put into sauce boat. Serve with boiled ham and bread sauce. Time 1¼ to two hours according to size of bird. A capon about five catties, takes about two hours moderate cooking.

DUCK, ROAST.

Pluck and draw the bird, using the giblets for soup, fill with goose stuffing. Dust over with flour. Put in a baking tin with dripping. When done, pour off fat and add flour, pepper, salt, squeeze of lime and half pint or less of hot water.

Serve with apple sauce or apricot jam. Time fifty minutes to one hour.

GOOSE, ROAST.

Prepare as for capon, throw away the feet, the giblets make a very rich soup, stuff with goose stuffing, flour well and roast in a moderate oven. Gravy as for capon. Serve with apple sauce or apricot jam.

Time about two hours.

GUINEA FOWL.

Prepare and hang as for capon, throw away the head. No stuffing required. Rub the breast well over with bacon fat, if you haven't any put a few pieces of fat bacon on the breast, roll the bird in greaseproof paper, roast in a pan with good dripping for twenty minutes then remove

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bacon and paper. Dust over with flour, baste well, or bird will be dry. Cook in a moderate oven.

Serve with bread sauce and flaked potatoes. Put giblets in a basin with a little cold water, pepper, salt, small chopped onion, piece of lime peel, dash cayenne and two cloves, when done strain and use this for making gravy in the tin ; after fat poured off, add a little flour.

Time about two hours.

FOWL, ROAST.

Pluck and draw the bird many hours before required. If a large fowl, kill the night before and hang. Use the giblets for soup. If bird large, stuff with fowl stuffing, truss, shake over flour, put into baking tin with good dripping. When done pour off fat, add pepper, salt and a little flour.

Time ¾ to just over an hour according to size of bird.

ROAST TURKEY.

Turkey must hang at least 24 hours. Pluck the bird only when killed, then hang head downwards over a basin. Next morning draw it. Cut off the head and throw away. Cut off the neck leaving plenty of skin to cover neatly. Draw out the food crop. Now take the legs, carefully bend to break only. Hang the birds knee joint over a very strong nail on the wall high up and pull. When the skin breaks you will see the sinews, three in each leg, keep on pulling till sinews are drawn out, don't attempt to cut. It can be done, but needs strength and patience. If not drawn, the legs will be tough. Wipe the bird inside after washing, put a piece of charcoal in (this keeps it sweet) and stand in a cool place till wanted, remove charcoal, clean inside again with a damp cloth and stuff (see stuffing), the breast bone must be crushed down flat, take a rolling pin and beat, doing accurately so as not to break the skin. Dust with flour. Roast in plently of good dripping in a moderate oven.

Time about two and threequarters to three hours or more according to size.

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HARE ROAST.

Snick the skin of the hare just underneath the stomach, and gently loosen it right across the back. Then pull half right over the back, then take whole skin and pull over the head, remove everything, using plenty of cold water, when all thoroughly cleaned, also inside the mouth (don't remove the ears), rub dry inside with a clean cloth. Fill with a fowl stuffing, a lump of butter, a little chopped bacon and sew up again with a darning needle and white cotton. Truss with a skewer running through the front legs, pining the head back a little, and another through the back legs close to the body. Roast in same very good beef dripping, basting every minute or so (it may be cooked in a little milk at first then roasted in butter, but of course more expensive and greater care must be taken to prevent burning). Just before dishing up, sprinkle with a little flour. When done, place the hare on a hot dish, slowly pour off fat, add flour, pepper, salt, a little butter, lime juice, half a pint of hot water, thicken and pour into a sauce boat. Serve with red currant jelly. A little orange juice is an improvement to the gravy.

Time about two hours slow cooking. The remains may be jugged. See Entrees.

ARGUS PHEASANT, ROAST.

Prepare, hang and cook as for guinea fowl. No stuffing required . Throw away the head, use the giblets for gravy prepared as for guinea fowl. If the bird has been shot, cut the throat as quickly as possible and hang head downwards. (These birds will not live long in captivity. They die suddenly, they should be killed as soon as they are caught). Serve with bread sauce and flaked potatoes. Cook in moderate oven.

Time nearly two hours.

COLD STORAGE PHEASANT.

Pluck the bird carefully and draw it, using giblets for gravy prepared as for guinea fowl. Wipe the bird carefully inside and out, after washing. Flour slightly,

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put in a baking tin with good dripping. Cook in moderate oven. Serve with bread sauce and flaked potatoes.

Time about one hour to one and a quarter.

JUNGLE FOWL, ROAST.

Prepare, hang and cook, same as Argus Pheasant.

PIGEON, ROAST.

Pluck and draw the pigeon, cut off the head and feet, wipe well with a damp cloth, put a tiny piece of butter inside. Truss as quail. Put in a fireproof dish with either some good dripping or butter, cover and cook over a moderate fire turning and basting often. Just before done, sprinkle birds with a little flour and leave lid off to brown them. Place on hot buttered toast, with pieces of lime. If required as a dish serve with vegetables and make gravy of the giblets as for pheasant.

Average cost in market 45 to 50 cents each.

Time 20 to 25 minutes in a moderate oven.

PIGEON, JUNGLE, ROAST.

Prepare and cook same as for market pigeon, only much less time required for roasting.

Market pigeons must hang for twelve hours or they will be tough. Jungle pigeon may be eaten at once or hung for twelve hours.

QUAILS, ROAST.

Prepare as for pigeon, pin the legs and wings close to body with pieces of satai sticks. Put into fireproof dish with a little butter and cover, baste well, serve on hot buttered toast and pieces of lime.

Time fifteen minutes or less.

RABBIT, ROAST.

Prepare as for hare. Stuff, rub over a little butter, place in a greaseproof paper and cook in baking tin with some good dripping. After fifteen minutes, remove paper

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and baste well. Bake gently in a good oven. When nearly done, dust a little flour over rabbit to brown it. If pork is not to be served with it add a few rolled rashers of bacon. When done, lift rabbit on to a hot dish, pour off fat, add pepper, salt, flour, squeeze of lime and a little hot water ; when thickened pour into sauce boat.

Serve with onion sauce.

Time about one hour.

SNIPE, ROAST.

These are at their best if cooked soon after being shot. Pluck, and if preferred draw them. Cut off the feet, truss as quail, leave the head on, drawing it round under a wing, cook as pigeon. The really best way to cook these birds is to pluck them only, wipe thoroughly, cook in front of a fire, basting with a little butter, putting a piece of toast underneath each bird to catch the gravy. A rough Dutch oven, made out of a kerosine tin answers this purpose well; the average native cook can make one quite easily. Serve very hot on buttered toast with pieces of cut lime.

Time about ten to fifteen minutes.

TEAL, ROAST.

Pluck and draw the bird, wipe the inside. If you have some fat bacon at hand cut some narrow strips, thread each piece separately on a strong white cotton and with a darning needle, draw it through the breast at regular intervals. If you haven't any bacon, rub the bird over with butter, put in a greaseproof paper, place in a baking tin with good dripping and bake for fifteen minutes, then remove paper, and baste well. Cook in a moderate oven, dust over with a little flour just before ready to dish up. Use giblets to make the gravy as for pheasant, a little orange juice and port wine an improvement.

Time about one hour or more.

This bird is really best three parts roasted and allowed to get cold, then jointed and stewed. Makes a perfect stew. See recipe.

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KIJANG (JUNGLE DEER).

Prepare and cook as roast beef or may be curried.

RUSA (JUNGLE DEER).

Prepare and cook as roast beef but really best curried or made into rundang.

Either of the above deer make good soup as per recipe beef soup No. 3

VEGETABLES.

ARTICHOKES BOILED.

Wash thoroughly, scrape quickly, putting into cold water to keep white, change water frequently. When required, put into fast boiling salted water and cook till tender. Drain, put into a vegetable dish and pour over some good white sauce.

ASPARAGUS, TINNED.

Don't heat the vegetable in the tin, it spoils it. Open the tin at the bottom and gently drain off all liquor, then cut away the bottom of the tin entirely and gently slide the asparagus out on to a deep dish, stand the dish in a frying pan of hot water and cover, put over a slow fire. After ten minutes gently turn the asparagus with an enamel slice.

Serve with plain melted butter or good white sauce.

BEANS, FRENCH.

Wash the beans in water and slice them slantwise, removing only stringly edges. Stand in water. When required, drain, throw into fast boiling water, in which a little salt and washing soda has been added.

Time about fifteen minutes.

If washing soda not to hand, a small pinch of carbonate of soda or two drops of liquid ammonia may be added.

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BEANS, LONG.

Well wash, cut into short lengths, boil and cook as for French beans.

BEANS, HARICÔT.

Soak overnight in plenty of cold water, adding a small lump of washing soda. Next day drain and wash, put put in an enamel saucepan with cold water and cook till tender, drain, remove the white outer skin, add a little butter or parsley and butter sauce. Don't add salt whilst cooking it hardens the beans.

BEANS, BUTTER.

Soak overnight, or if newly picked only a few hours, boil in an enamel basin, adding cold water. When done, drain, put into a pie-dish, sprinkle pepper, salt, tomato sauce, a lump of butter and some bacon rinds and place in oven for about half hour.

BEETROOT.

Wash without bruising the skins, put on to boil, in plenty of cold water. After boiling about ¾ hour lift out with a flat ladle and test with fingers. If soft gently place in cold water till required, then skin and slice, adding pepper and a little vinegar. Be careful not to prick them whilst cooking.

Cost six to eight cents each. May be bought in the market usually from November to March.

BRINJALS.

Wash well and dry, cut into long flat pieces about half inch thick, score criss-cross pattern and fry in hot dripping. Drain on soft paper. If liked richer, dip pieces in beaten egg and browned breadcrumbs fry.

Three brinjals enough for two persons.

BUBBLE AND SQUEAK.

Take the remains of cold cabbage and potatoes, mash well with a ladle, add pepper and salt. Turn into

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a fry pan with hot dripping or bacon fat. Stir well and cover, when quite hot through, remove cover, shape into a flat cake, brown and turn. Excellent with bacon for breakfast.

CABBAGE.

Take a good sized piece of cabbage, cut into sections and lay in cold water. When required drain, throw into fast boiling salted water with a little soda added. Tilt the lid whilst boiling; a little mint is an improvement. When done strain and press with a saucer.

Time about 20 to 25 minutes. One catty enough for four persons. To be had in market usually from October to March.

CARROTS.

Scrape, wash and quarter them ; wash again and throw into boiling salted water. Cook till tender.

Time about 25 minutes. Costs about eight cents for three. To be had usually from October to March.

CAULIFLOWER, TINNED.

Open the tin, drain off all the liquor by gently turning it out into a collander, then pour over a little cold water and drain. Turn into a vegetable dish, cover and place in frying pan of hot water over a slow fire. When hot, pour over some good white sauce or if for an entree, cheese sauce or white sauce with parmesan grated over and browned.

CUCUMBERS, BOILED.

Get four small cucumbers, peel and cut each into four pieces, remove seeds, gently cook in boiling salted water. When cooked, drain well, pour over either white sauce or plain melted butter. Nice with roast or boiled fowl. Cost of small cucumbers one cent each. Enough for three persons.

BRAISED ONIONS, CARROTS AND TURNIPS.

Wash and scrape some young carrots and turnips, cut them into small quarter lengths. Peel some small onions. Throw into slightly salted boiling water till half

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done. Lift, well drain, put a big lump of butter into an enamel saucepan and when hot add the vegetables, close the lid till quite hot then remove, stir till cooked and browned, taking care not to let them burn. Excellent with spiced beef or grills and steaks. The butter that is left may be poured over the meat.

INDIAN CORN OR JAGONGS.

Choose young ones, remove a few of the outside leaves, put into a pan of hot water and cook from ¾ to an hour, leave in saucepan till wanted, lift with a ladle, do not cut them. Serve very hot as a separate dish, only pepper, salt and a good lump of butter required on one's plate.

LADIES FINGERS OR KACHANG BENDI.

Wash well, drop into boiling salted water and cook till tender, drain.

MARROW.

Get a small marrow or piece of a large one, peel and halve it, remove seeds, cut in half again and throw into boiling salted water; when done lift and drain, serve either plain, or with white sauce. Five cents worth usually enough for two persons. Can be had all the year round.

MARROW AU GRATIN.

Prepare and cook as above, cover with white sauce, grate over some Australian cheddar cheese and brown with a tin of hot embers.

MUSHROOMS DRIED "CHENDAWAN."

Soak in warm water, squeeze and then wash and squeeze again, remove stalks, put into an enamel basin with a little flour, pepper, salt, lump of butter and a little water, stew for twelve to fifteen minutes and serve. If mushrooms wanted separately lift them out and use the liquor to make the gravy for the dish required. May be bought at all Chinese kedais all the year round. Five cents worth (small handfull).

Usually enough for two persons.

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ONIONS, BAKED.

Get some large onions, put them in a fireproof dish, without skinning them, add a tiny drop or water, cover and bake slowly, when soft bring to table and when serving, cut sharply away the outer skin. Butter, pepper and salt only needed.

ONIONS, BOILED.

Peel some large onions and put into slightly salted boiling water and gently simmer till done, lift, put into dish and pour over some white sauce. Some people cannot take freshly boiled onions, in that case, boil them fast for twenty minutes, strain, add fresh boiling water and cook till tender, then add sauce.

N. B.—The first water contains most of the oil of the onion.

POTATOES, CHIP.

Peel the potatoes thinly, wash well, cut each one into four pieces, lengthways, if large, cut half through again, rinse well in cold water sprinkle over a little salt and shake. Put a lot of good dripping into a large frying pan and when smoking hot slide the potatoes quickly in, leave them for a few minutes then stir them with a slice. When a light golden brown lift with a perforated slice on to a sheet of paper. Fold the paper together and shake to absorb the fat, turn on to another sheet and repeat, then put in a dish in the oven, don't cover or potatoes will get heavy. Be careful to see that the fat is free from sediment when putting into pan.

POTATOES, BOILED.

Well wash the potatoes, put on fire in pan of hot water. When done lift, peel them carefully, add a little pepper and salt and butter, a piece of mint, keep hot. Just before serving shake and remove the mint. Small potatoes are excellent done this way. Or they may be peeled in the ordinary way. Put into hot salted water, when done strain, tilt the lid, shake a little before dishing up to give them if possible a floury appearance.

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POTATOES, BAKED.

Get some large potatoes, scrub them well, dry and prick over with a skewer, put into a slow oven and bake. When done lay them on a folded napkin in a dish, serve with pepper, salt and butter. Best with cold meat.

POTATOES, FLAKED.

Peel and well wash some medium sized potatoes, cut into very thin rounds, put into a collander, wash again, sprinkle little salt, shake, fry in smoking hot fat. When a golden brown drain and lift and dry as chip potatoes.

Always use plenty of fat, the bigger the quantity the best results.

POTATOES, MASHED.

Peel and boil the potatoes, when done drain, tilt the lid and dry a little, turn out into a basin, and mash well with a soup ladle, then add pepper, salt, a lump of butter and a little *warmed* milk and beat well. Put in a vegetable dish, but don't cover. Potatoes to be mashed should not be done till the last moment, if keep standing long or covered, they acquire a peculiar flavour. Always use hot milk as this makes the dish lighter.

POTATO MUFFS.

Mash the potatoes, as above recipe, add a little finely chopped parsley, one beaten egg, shape into pillows with floured hands, sift over browned breadcrumbs and fry in boiling fat. Drain on paper.

POTATO RINGS.

Peel the potatoes, then pare them in rings round and round, lay in cold water, rinse, sprinkle a little salt over, and cook as chip potatoes in plenty of fat, drain well, serve very hot. These are nice with game and poultry dishes.

POTATOES, ROAST.

Peel and wash and put into the baking tin, half an hour before joint done. Baste well.

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POTATO SALAD.

Boil the potatoes, when done remove the skins, cut into fairly thick slices, put into a deep dish and pour over a cold dressing made of the hard boiled yolks of two eggs well beaten, adding pepper, salt, a lump of butter, a little slightly diluted milk, making all the consistency of thin cream. Sprinkle a little finely minced parsley over, and if liked a little crushed onion and garlic may be added to the dressing.

POTATOES, SWEET.

Wash well and half boil, then lift and put into a moderate oven to finish cooking. May be served as they are or the skins removed and remainder put through a potato squeezer.

PUMPKIN MASHED.

Peel the skin thickly, cut in pieces, remove seeds, put into boiling salted water and cook till tender, rub through a collandar and shake a little black pepper over and add a little butter.

SPINACH.

Pick the leaves only and well wash in cold water many times. Put a cupful of water into a wide enamel saucepan, add a little salt and washing soda, when boiling, put the spinach in, close down the lid. Stir often, when done, strain through a collander or sieve and with a saucer, squeeze out the remainder of the water. Mash with a fork, add a little butter and pepper. If to be served as a side dish, add poached eggs, placing them on top, one for each person.

Average cost four cents a kati. One kati enough for two persons.

SALAD, HOME GROWN.

Lettuces, tomatoes, cucumbers, watercress, mustard, spring onions.

Collect these in the morning, and stand all in a basin of cold water. When required, well wash the lettuce and break into pieces with the fingers, also the watercress, then add the mustard tops, put into a clean cloth and

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shake and turn into a glass salad bowl, now cut the tomatoes into thin slices, peel and slice the cucumber, also the spring onions, adding a little of the green tops as well. Serve plain or with tomato mayonaise or salad dressing. See recipes.

PEAS TINNED.

Open the tin, drain off the liquor and put the peas into an enamel bowl, add a lump of butter, pinch of salt, a little pepper, a small teaspoonful of sugar and several pieces of fresh mint. Cover, stand in a tin of water, either in oven or over a slow fire.

PEAS DRIED.

Soak the peas overnight, adding a lump of soda or carbonate of soda to the water. Next day rinse well, turn into a large piece of muslin and put into boiling water, if peas not very soft, add a little soda, when done lift, turn the peas out into a vegetable dish, add pepper, salt, butter and fresh mint. Cover, stand in hot water on stove till wanted.

TURNIPS (LOBAK).

This is nice vegetable if home grown, the market ones being rather strong. Cut off the green and scrape the turnip, cut in half and put into slightly salted boiling water, cook till tender, beat and rub through a hair sieve. Add a little butter and black pepper or may be served whole.

TOMATOES.

Wash the tomatoes. Slightly score the underneath part, put into a piedish, cut side uppermost, sprinkle little pepper, salt, dab of butter on each. Bake in oven.

ENTREES

RICE FOR CURRY.

Take a teacupful of rice, well wash in cold water, put into an enamel saucepan with a little more than enough water to cover it. Stand over a slow fire. When

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the rice is just done and swelled out, tilt the lid, still leaving it over the fire for a few seconds more, then stand on one side. Don't stir.

Enough for two or three persons.

BEEF OLIVES.

Cut some thin strips of steak. Stone some olives and with a silver knife cut into thin rings and lay on the steak, add a little salt, chopped bacon, a good sprinkling of black pepper, roll the steaks and either tie them or fasten with little pieces of satai stick. Dust with flour, fry in a little hot fat, till slightly browned. Lift, drain off the fat, add a little flour, pepper and salt, a slice of onion and a little warm water, dash of Worcester sauce. When thickened, add the rolls and gently simmer for about an hour.

Braised vegetables are nice with this dish.

BEEF AND SAUSAGE ROLL.

Take two Cold Storage sausages, open the skins, turn into a basin, add half kati of good beef steak, finely minced, some pepper and salt, a saltspoonful of thyme or mixed herbs, one finely chopped onion, add a tumblerful of breadcrumbs and one beaten egg, mix, turn into a floured cloth, roll, tie neatly each end and pin in the centre. Plunge into a pot of boiling water, first sliding a saucer in or place in a steamer with water already boiling underneath. When done, lift, stand a few seconds then carefully turn out, serve with mashed potatoes or if cold, sprinkle over a few browned breadcrumbs. Time to boil two hours. Steam two-and-a-half.

Enough for four or six persons.

BEEF CROQUETTES.

Take the remains of cold roast beef, free from gristle and fat. Mince well. Add a finely chopped onion, pepper and salt, pinch of mixed herbs and some freshly grated breadcrumbs, about one cupful to every two of meat, add unbroken yolk of egg. Stir well, roll into balls

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or rolls, brush over with whipped white of egg, dip into rolled breadcrumbs and fry in very hot fat, drain and serve with mashed potatoes.

BEEF MINCE.

Prepare as for Croquettes only adding pepper, salt and onion and if at hand the gravy from the roast or enough cold water to just more than cover, add a little flour. Simmer half an hour or till fairly dry, add a little Worcester sauce, stir, serve very hot on rounds of fried bread or centre of hot dish with mashed potatoes.

BEEF MOULD No. 1.

Prepare as above, adding pepper, salt, some onion, finely minced, chopped tomatoes, a clove of garlic crushed, a little cooked and chopped mushroom and cooked macaroni. Add a beaten egg, put into a greased basin and steam one hour or little more. Serve with the gravy from the roast made hot and poured over.

BEEF MOULD No. 2.

Take about two tablespoonfuls each of cold roast beef (finely minced) and raw ham, fat and lean of both, add a quarter of a loaf of bread finely grated. A good sprinkle of pepper, a little salt, one finely chopped onion, half a teaspoonful of mixed herbs, one beaten egg. If there is a little layer of fat on the gravy from the roast, add that too. Mix well, put into a buttered basin with a piece of greased paper on top and steam two hours. Very tasty. Enough for two or three persons.

BEEF MOULD No. 3.

Take ½ kati of good beefsteak, free from skin and fat, put through a mincer twice, put into an enamel basin, well cover with cold water, add pepper and salt, slowly simmer for about 1¼ hours, adding more water if necessary. Now take a few strips (about twelve average strands) of Agar Agar jelly, soak well in a little cold water, than stand over a slow fire. When quite dissolved, strain through a piece of muslin, add a tea-

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spoonful of Worcester sauce, a teaspoonful of sherry and a few drops from the "Bite bottle," then stir in the mince ; don't let it be too stiff. There should be about enough for a pint mould, add more water if necessary and a little colouring, pour into a mould or small ramakin cases. Turn out and decorate with tomato jelly, serve with mashed pototoes.

BEEF PATTIES.

Take some slices from the cold roast beef, free from fat and gristle. Mince finely, add pepper and salt, one small slice of onion, a little grated nutmeg, a sprinkle of flour and a small lump of butter, put into an enamel saucepan and place over a slow fire, cook for about fifteen minutes till the butter is all absorbed, then prepare cases as for shrimp patties, and when cooked remove tops and fill.

BEEF CURRY.

Get a kati of good beef, cut into small pieces or squares, put a good lump of dripping into a frying pan and when hot fry the beef a little but not enough to brown it, then in a basin put three heaped teaspoonfuls of good curry powder, one of sugar, one of chutney. Now crush and roll finely on a curry stone, one chilli, six small onions, six cloves of garlic, a small piece of fresh ginger about the size of a nutmeg and add to other ingredients. A teaspoonful of salt, juice of one lime, a small root of citronella (whole). Now take the cream of the cocoanut (which has been previously prepared by grating it, pouring warm water over, and squeezing through a muslin into a basin, and allowed to stand an hour, or more) and add to the ingredients, and pour over the beef. Stir well and add from time to time any more cream that may rise to top of milk, if cocoanut not very rich, you will need to use some of the milk as well. Let the curry gently simmer for nearly an hour. Serve with vermicelli or rice.

Enough for four persons.

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BOILED HAM.

Take a piece of ham about four lbs., soak in pail of cold water for about three hours according to the curing; usually the darker the meat, the more salt it contains, therefore needs more soaking. Scrape the skin with the back of a knife to remove any musty patches. Put into a large saucepan and well cover with cold water, adding two heaped tablespoonfuls of brown sugar, one of vinegar, bring to boil and simmer for about one-and-a-half to two hours. If not wanted at once stand on one side till cold, then lift and drain, remove skin carefully. Never cut it off, both wasteful and spoils the appearance. Well dust over with browned bread-crumbs. If required at once, prepare same way but better left in water till cold, retains juices better. The water may be used for soup, but no salt must be added. If it is a small piece of ham, soak, and then steam by placing it on a piedish and stand in a stewing pan with a little hot water; cover closely. It takes a little longer to steam than boil. Test with a skewer. It should not slip off skewer too easily or it will be overdone.

CHEESE EGGS.

Hard boil some eggs, ten minutes. Shell and halve, put the yolks into a basin, add pepper, salt, a dash of cayenne pepper, some finely grated cheese, lump of butter, little undiluted milk, mix well, and fill the whites of the eggs and place together again. Arrange on a dish, and pour some good white sauce over, adding a little grating of cheese. May be served thus or a tin of hot embers put over and slightly browned. Allow one egg to each person.

CHEESE ON TOAST No. 1.

Grate about two tablespoonfuls of cheese (Cheddar best) into a basin, add pepper, salt, small lump of butter, one beaten egg, mix well, then add small half teaspoonful baking powder. Stir, pile over two slices of hot buttered toast and bake in hot oven or better still, place a tin of very hot embers over and brown.

Enough for two persons.

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CHEESE ON TOAST No. 2.

Put a teaspoonful of butter into an enamel saucepan, when melted add a small teaspoonful of flour, stirring in gradually. When thickened, lift, and stir in a pudding-spoonful of grated cheese, add enough diluted milk to make it all a thick cream, add some pepper and salt, stand over a slow fire and just bring to boil. Pour over some pieces of buttered toast and serve very hot. A teaspoonful of tomato catsup may be added if liked. Don't make till wanted.

CHEESE SAVOURY No. 1.

Grate some Cheddar cheese enough to make two puddingspoonfuls, add one puddingspoonful of butter, a little salt and cayenne pepper, put into an enamel bowl over slow fire, stir till melted, remove bowl and add carefully one beaten egg. Put into a buttered piedish or ramakins. Bake in quick oven. Serve at once.

CHEESE SAVOURY No. 2.

Put one teaspoonful of grated cheese into a basin, add ½ teaspoonful of melted butter, one tablespoonful of cream or undiluted milk, little pepper and salt. Mix well then add a beaten egg. Stir, pour into small tins and bake in a quick oven.

CHEESE STRAWS.

Take two puddingspoonful of cheese, two of butter, two tablespoonful of sifted flour. Stir the flour and cheese together, rub the butter in with tips of fingers, then add pinch of salt, little pepper, good sprinkle of cayenne pepper and beaten yolk one egg. Turn out on to a floured board and roll carefully. Cut into strips and either twist or leave plain, put on to a floured tin and bake, or with an eggcup stamp out small rounds and with a liquor glass stamp again and remove centre, bake and put the straws through enough to fill carefully without breaking the ring when cooked. Arrange on a small dish.

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CHICKEN AND ASPARAGUS.

Cut up a young chicken and joint it neatly, cut legs into two pieces, breast into four. Sever the wings, remove all skin, also the breast bone. Put the meat into a fireproof dish, cover with cold water, little pepper and salt, one small sliced onion, stew still tender. Put a teaspoonful of flour into an enamel bowl and add about a tablespoonful of undiluted milk. Mix and put over a slow fire. When thickened, slowly add the liquor from the fowl. Boil, then put back over the fowl and just bring all to boil again. Open a tin of asparagus and with a silver knife cut off the tops about 1½ inches down, add these to the stew but don't boil again. The remains of the asparagus and the liquor may be used for soup for the next meal. The bones, skin and giblets may also be made into soup.

CHICKEN IN POTATO CASE.

Boil about a kati of peeled potatoes, when done mash with a wooden spoon, add pepper, salt and a little hot milk and then enough sifted flour to make a stiff paste, turn on to a floured board, roll out fairly thin. Now take a round cake tin. Cut out two rounds of the crust, flour the tin and place one round at the bottom, now cut strips and line the sides sealing it carefully, then put some crusts of bread in the tin and bake. Flute the edges of the cover, bake quickly. When done throw away the bread and carefully turn case out, fill with freshly cooked or remains of boiled fowl, cover with good white sauce. Place top on, brush all over with beaten egg and put again into oven for five minutes.

CHICKEN IN JELLY.

Cut up a chicken into neat pieces, breast into four, legs in two, back into three. Place in a stewing pan with the giblets and one large chopped onion, a little pepper and salt, cover with water, gently stew about ¾ hour, then carefully lift out the meat, place in centre of a deep dish scraping the meat off the back bones and drawing the bones out of the legs and wings. Put fifteen average strands of Agar Agar jelly into an enamel basin

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and well cover with water, stand over a slow fire. When quite dissolved, add the liquor from the stewed fowl, a squeeze of lime, a tablespoonful of sherry and a little colouring. Have ready some cooked forcemeat balls, place these round the chicken. Some quarters of hard boiled egg, slices of tomatoes, if at hand a few peas. Strain the liquor over, stand till cold and ice. Serve with the mashed potatoes. If liked the liver may be sliced and added to.

CHICKEN MOULD.

Take the breast, wings and neck of a chicken, remove the bones and put through a mincer, adding a little pepper and salt, also some minced bacon or ham, pinch of thyme, little grated rind of lime, half a teacupful of breadcrumbs, whipped white of an egg. Put into a buttered basin, steam one-and-a-half hours. Turn out and pour over parsley and butter or white sauce.

The legs may be grilled for the next meal.

CHICKEN PIE.

Pluck and draw a small chicken, cut off the feet and head and throw away, joint the bird neatly, break into four pieces, legs into halves, back into four, chop the neck in half and sever the wings. Put into an enamel piedish with the liver, heart and gizzard, some small rolled rashers of bacon, a little chopped parsley, one sliced onion, pepper, salt, a pinch of thyme. Cover with cold water, put a lid over and gently simmer for nearly ¾ hour, then stand an eggcup in centre, add some hard boiled eggs quartered and if at hand a few peas; a few mushrooms already stewed are an improvement. Damp the edges of the dish. Make some good short crust, line the edges and cover. Make some leaves of pastry strips cut into square pieces and pinched at one corner and raised, start from each corner of piedish working towards centre with a few standing out from the middle, flute edges of pastry with handle of a fork, brush over with a beaten egg and bake in moderate oven.

Best cold.

Giblets may be removed before the crust is added.

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CHICKEN STEW No. 1.

Prepare as for chicken pie. Put into a fireproof dish, a tablespoonful of butter. When hot add three large thinly sliced onions, fry a nice brown, then add four sliced tomatoes, when throughly cooked, add the pieces of fowl, turning constantly; if very dry, add a little more butter. Now put in some thin slices of ginger, a little salt and some black pepper, three cloves of garlic, crushed on the curry stone, about a small cupful of warm water, cover tightly and simmer for about half an hour. Then add a small teacupful of well washed rice, cover again. The rice will be cooked by the gravy and steam and when done the dish is ready. There should be no liquid left in dish. Garlic may be omitted. This is very good.

CHICKEN STEW No. 2.

Prepare as for recipe No. 1. Put a tablespoonful of butter into a fireproof dish, when hot add one large sliced onion. When browned, add the fowl including the neck. Stir, shake over a puddingspoonful of flour, add about a pint of warm water, some pepper and salt, cover and simmer gently for ¾ of an hour, then add a few little forcemeat balls. Cover and cook a few minutes longer till balls are done. A little sherry an improvement.

CHICKEN STEW No. 3.

Prepare as for No. 2. Put the pieces into a fireproof dish, neck included, cover with cold water, add a little chopped parsley, pepper and salt. Cook six onions in a separate basin in slightly salted water, when done, add to stew. Take a heaped teaspoonful of flour, mix with undiluted milk and thicken, adding the gravy from the fowl. When cooked pour over and serve.

Time ¾ of an hour.

CHICKEN JELLY FOR INVALIDS.

Cut up a small chicken, including the neck, blanche and scape the feet, put into a casserole with half a tumbler of cold water, little pepper and salt. Cover, bind the edges with a stiff flour and cold water

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paste, stand in a deep saucepan with some boiling water and gently boil for three hours. Remove lid carefully. Stir and strain through a fine piece of muslin, stand till cold and remove any fat there may be. May be given in small quantities, either cold or hot, the meat may be used with white sauce as a separate dish, or the bones removed, and meat put through a mincer, adding a lump of butter, some pepper and salt, a little minced ham and grated nutmeg and made into potted meat.

CHOP FOR AN INVALID.

Trim the chop, cut away all fat, break the bone, draw it round and skewer it through. Lay in an enamel plate, add a little pepper and salt (celery salt is the best), cover with another plate and gently cook in the oven about half an hour. Should there be any fat on the gravy, carefully take off with a piece of tissue or blotting paper.

CREAM CHICKEN SHAPE.

Take the remains of a steamed chicken, remove any skin, pass through a mincer, add pepper and salt. Now take about twelve to fifteen average strands of Agar Agar jelly and dissolve in a little cold water, put over slow fire, adding the jelly from the boiled fowl, and two tablespoonfuls of milk, let it get slowly hot, but not boil; beat well with a fork. Strain through a hair sieve into a basin. When cool add the minced chicken. Stir well and put into wetted ramekins. The fowl's liver boiled and cut in small pieces is an improvement. Ice, turn out and decorate with tomato jelly and mustard green.

This quantity of jelly enough for a large chicken, less required if there is a lot of jelly over from the chicken, a little cream added same time as the chicken, a great improvement.

CURRIED EGGS.

Hard boil some eggs, shell and halve. Now slice some small onions and fry in a little hot butter till crisp, put into an enamel bowl, add some curry powder (a small teaspoonful enough for four eggs), pepper, salt,

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little chutney or jam, squeeze of lime, some thinly sliced ginger, add a little flour and milk and water, if a little coconut at hand use that preparing as for curry, omitting the flour, bring ingredients to the boil and pour over the eggs already placed in a fireproof dish. Serve with rice or vermicelli.

CUSTARD SAVOURY FOR SOUP No. 1.

Well beat an egg, add six tablespoonfuls of milk, pepper, salt, put into a small buttered piedish, stand in a tin of hot water over a slow fire till set, when cold cut into small squares and at the last moment add to the clear soup. If liked a saltspoonful of Bovril may be added to the custard; in that case no salt required.

CUSTARD SAVOURY FOR SOUP No. 2.

Egg and milk as above, adding a little grated lime, pepper, salt, dash cayenne, pinch of thyme, one beaten slice of onion. Cook as above.

This is best for poultry and game soups.

DEVILLED POULTRY OR GAME.

Take the remains of cold game or poultry, cut into neat joints, the legs into two pieces. Score the meat a little. Make a mixture of three large onions minced finely, a teaspoonful of flour, some pepper and salt, a crushed clove of garlic, a good puddingspoonful of chutney or jam, little sugar, juice of one lime, one teaspoonful of vinegar, puddingspoonful of Worcester sauce, a little sliced chilli and ginger and a little water if necessary, make into a stiff paste. Put a little dripping into a frying pan and when very hot, add the pieces of meat, first well covering with the mixture, cover with a lid and when thoroughly hot, pour off the fat, add any of the mixture that may be left, cover and turn frequently till the meat is fairly dry and a rich brown colour. Serve very hot. This is a good breakfast dish. If preferred with gravy, when the fat is poured off, add a little warm water and stew.

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DRY CURRY PUFFS.

Take the remains of cold beef or mutton, free from gristle and fat. Mince, add pepper and salt, some curry powder and a little finely minced or beaten onion. Add a tiny piece of butter. Stir well, make some plain short crust, roll fairly thin, cut into squares, put a little mince in each, damp edges, fold over and bake.

EGGS IN PARMESAN CHEESE.

Well butter a fireproof dish, break into it gently some eggs (one for each person), add pepper and salt, a big lump of butter and some freshly grated Parmesan cheese on the top. Sprinkle over with browned breadcrumbs and bake. Don't overcook. Very tasty breakfast dish.

FISH CAKES.

Take the remains of boiled fish, flake with a fork, put into a basin, add pepper, salt and cayenne. Peel and boil some potatoes, mash well, add a little butter and hot milk and some chopped parsley. Add the fish and half a beaten egg, stir, flour the hands, make the mixture into round cakes. Brush over with the remainder of the egg, dip into browned breadcrumbs and fry in boiling fat, drain and serve very hot.

Good breakfast dish.

FISH KEDGEREE.

Boil some rice as for curry. Now take either fresh or cooked white fish, flake it with a fork, put a little butter into a frying pan and when hot add the fish and warm up thoroughly. Fry in butter about eight small sliced curry onions till crisp, then fry some slices of tomato. Pile the fish over the rice, shake the onions over and serve with cheese sauce or plain melted butter, adding a little salt and pepper.

FOWL KEDGEREE.

Boil rice as for curry. Take the remains of cold fowl, cut into small strips, make some butter hot in a pan and drop the strips in and fry till crisp, drain. Now

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slice about eight or nine small curry onions (Bawang Merah) and fry these in butter till crisp. Drain on paper, get a few cents worth of nuts (Kachang Puteh), (Monkey nuts), shell and put into a tin over a slow fire, then rub the skins off, add a little butter and make crisp. Take three puddingspoonfuls of raisins, wash in hot water and dry, pick off the stalks. Put into a little butter and cook till browned and a little crisp. Have ready some hard boiled eggs quartered.

Pile the rice on a dish. Put fowl in centre, the raisins, nuts and the onions on top and the eggs round. Serve with the remainder of the butter from frying, adding a little more to, or some freshly melted butter. If any left may be used next day for fish.

FOIE GRAS JELLIED.

Open a small tin of foie gras, cut evenly into two rounds, then again into small sections. Take about 24 average strands of Agar Agar jelly, dissolve in cold water and stand over a slow fire. Add some good stock made from chicken or chicken bones, boiled down in water, adding pepper, salt, a small onion, two cloves, a little celery green. When done, strain and add the white and shell of one egg. Stir, stand a few minutes. Add to the jelly when dissolved, strain through a fine muslin, add a little colouring, a tablespoonful of sherry. Stir and cool. Wet a mould or some ramakins, pour a little jelly in, and then some foie gras and more jelly. Ice. Turn out and decorate with sliced tomatoes and mustard green.

FORCEMEAT BALLS.

Take a breakfastcupful of freshly grated bread-crumbs, good pinch of salt and pepper, grated rind of a small lime, ¼ teaspoonful of thyme or mixed herbs, some chopped parsley, one beaten egg, mix well, flour the hands, make into small balls and boil, steam or fry according to dish.

FOREST PIE.

Take the remains of cold roast beef (or if perferred half a kati of fresh beef) and one ox kidney. Cut the

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beef into small pieces and the kidney into slices, after removing the centre fat. Put into an enamel or fireproof dish, add a little flour, pepper, salt, three large sliced onions, three sliced tomatoes, half a teaspoonful mixed herbs, a handful of dried mushroom (Chendawan) soaked and cleaned in hot water; well cover with cold water and stir. Put into a slow oven and stew two hours putting a cover over the dish. Then take out. Peel about ½ to ¾ of a kati of potatoes, cut in very thin slices and lay over the top overlapping each other, so that every part is covered, piling the remainder on top, shake over some browned breadcrumbs, put little dabs of good dripping on top, stand in a tin with a little water and brown in a quick oven. If not convenient to do this cover the top with plenty of fried flaked potatoes and keep hot in oven.

Excellent dish. No vegetables required.

FRIED FOWL.

Cut the fowl or chicken into neat joints as for stewing, make a paste of flour and cold water or brush over with a fowl's feather dipped into beaten egg. Roll in browned breadcrumbs, fry in boiling fat and drain. Serve with chip potatoes and stewed mushrooms or tomatoes, adding the gravy of either or both to pan after lifting fowl and draining off the fat.

FRIED FOWL IN COCOANUT (AYAM BAKAR).

Grate and prepare a coconut as for curry. Remove all the meat and skin from the fowl and cut into small pieces and thread on some satai sticks. Don't overcrowd. Have a small clear fire ready. Put a large frying pan over and when hot, take the cream off the top of the cocoanut milk and well cover the sticks of fowl with it, shake over a little pepper and fine salt and lay in the hot frying pan, turning several times and cook for about five minutes. Baste again with plenty of cream only and fry crisp, turning frequently. Cook about five minutes more, then with a fork, push the pieces of fowl off the sticks into the pan, if there is any more cream left baste the fowl well and turn constantly, put on a very hot dish and serve with flaked or chip potatoes. If liked, a little butter and pinch salt, pepper

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and a little water may be added to pan after fowl removed and made into gravy. This is a delicious dish, no fat required. The Malays cook it in the jungle over an open wood fire and it acquires a little smoky flavour which rather adds to the dish than otherwise. Should be brown and crisp.

Best without gravy.

FRIED TRIPE AND BACON.

Boil the tripe as for stewed tripe and when tender, lift and cool. Cut into strips, brush over with egg, dip into browned breadcrumbs and fry with the bacon. Use the thick part of the tripe. This is excellent if tender.

GALANTINE OF FOWL.

Pluck and draw the fowl, cut off feet at knee joint, the neck and wing joints. Lay the bird on a board breast downwards and with a sharp knife cut down the centre of the back, open, then carefully cut away the bones. Keep the knife close to the bone and be careful not to cut through the skin. Break the legs at the joint by bending them back. Make a little snick at the inside of the legs at joint and push the lower bone up, scraping the meat back with a broad knife. When the bone is through to the knee cut off the joint which won't draw through, loosen the meat round the upper leg bone. Prepare the legs first. Now slide the knife under the ribs and ease away, cut through the skin like membrane in the fowl and push the upper parts of the legs through, cutting the meat away from socket at the end but not cutting through the leg. Now break the wings, and do the same as the legs, these are apt to get a little mutilated as there is so little meat on except in a very large fowl. Having done this, slip the knife carefully down each side of the breast and ease the meat away. When both sides clear, carefully cut the bone at the ridge of the breast. Now with a small knife ease the meat from the back. This is the most difficult part. When all is free from bones fill with either fowl stuffing or two Cold Storage sausages skinned, add some fresh breadcrumbs, little bacon, a few cooked and chopped mushrooms, a few chopped almonds and some hard boiled eggs cut into

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quarters. Mix with a beaten egg, add pepper and salt. It is best to leave the hard boiled egg till mixture is ready, then put a layer of the mixture over, lay the hard boiled eggs over, spread more mixture, then close the fowl and sew it carefully with white cotton; the wings can be put neatly against the sides and skewered through also the legs put into shape and skewered. When done, lift and stand till cold. If roasted, brush over a glaze made from a little dissolved jelly say fourteen strands of Agar Agar, adding a tablespoonful of sherry, little salt and colouring, when nearly cold brush over and decorate with salad. If steamed, make a good white sauce and when cold carefully pour over. Scatter over a few finely chopped almonds, and if at hand put little mounds of minced ham or tongue round, decorate with tomato, jelly and watercress. Best steamed. Time according to size of fowl about three catties two hours or little more gently steaming.

GOOD ASPIC.

One quart of liquor made from bones (fowl bones are best), a desertspoonful of Bovril, a little parsley, a dash of vinegar (tarragon best), 40 strands of Agar Agar jelly. Whites and shells of two eggs, half a tumbler of sherry, half a tumbler of water. Soak the jelly in cold water and then put over a slow fire, then pour over the warmed liquor, add parsley, pepper and salt and bring to boil, lift, strain through a hair sieve then add the shells and beaten whites of eggs, stir, stand a few seconds, strain through a fine muslin, add the vinegar, water and sherry. Sufficient for six to eight persons. Enough for large mould.

GRILLED OR FRIED STEAK.

Choose a nice piece of rump steak and fairly thick. If there appears to be any doubt about it being tender, roll it up inside two papaya leaves and beat a little and stand for a couple of hours. Take the steak, place it on a buttered grid and stand over a low clear fire, turn frequently with a pair of tongs, add more butter if necessary. Don't overdo, there should be just a red streak right through the centre when ready. Place on

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a hot dish, pour fat over, add a little butter and chopped parsley or horseradish sauce. Serve with chip or flaked potatoes. If not convenient to grill make a little butter hot in a frying pan and put in steak. When done lift, sprinkle a little flour, pepper, salt, over pan, a dab of butter, little water, thicken and pour round the steak.

JUGGED SHEEP'S HEART.

Well wash the heart, dry it, sprinkle flour over, and fry in a little hot dripping, keeping covered for about twenty minutes. Lift, pour off fat, add half teaspoonful of flour, a good dusting of black pepper, salt, cayenne pepper, or a small piece of beaten chilli, good squeeze of lime, thicken, cut the heart into neat rounds, put in a stewing jar, add the gravy and a little warm water, two cloves, a tablespoonful of port wine, five or six small forcemeat balls, stew gently for ¾ of an hour. Serve from jar with mashed potatoes.

Enough for two persons.

KIDNEYS ON TOAST.

Get some sheep's kidneys, remove the fat, cut in half, in flat pieces, remove skin, put a little butter into a frying pan and when hot lay the kidneys in, cut side downwards. Turn after a few minutes and fry the other sides; they should be *just* done. Place on hot buttered toast, if liked a little of the fat may be fried and served both. Worcester sauce improves the dish.

KIDNEYS A LA ITALIENNE.

Take about three handfuls of spaghetti and throw into fast boiling salted water. When done, drain through a collander, break the spaghetti a little with the end of an enamel slice, put into a fireproof dish, and keep hot. Now take three sheep's kidneys, remove skin and fat, halve them and fry in a little hot butter, cut side first, turn several times, fry for about four or five minutes, lift, cut into small pieces, return to pan. Add a little warm water, pepper and salt. Cover and stew for twenty minutes, stand on one side. Now take about six large tomatoes cut up thinly, add a very little

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water,, two crushed cloves of garlic, pepper, salt and half teaspoonful of sugar, when cooked rub through a hair sieve, if fresh tomatoes not to hand use tomatoe sauce, or puree, adding the other ingredients. When done, place the stewed kidney in the centre of the spaghetti, pour the tomato puree over and then quickly cover with freshly grated Parmesan cheese. Put a few dabs of butter on top, stand in a tin of water in oven till required.

This is an excellent side dish.

Enough for three or four persons.

KIDNEY STEW.

Cut an ox kidney into fairly thin slices, removing the core of fat. Put a heaped teaspoonful of butter into a fireproof dish and when hot, put in a large onion cut into very thin slices, brown, add the kidney, first dusting it over with a little flour, when a little browned, well sprinkle with flour, add pepper and salt, some thin slices of bacon and enough warm water to just more than cover. Some mushrooms may be added, well washed, and stalks removed; stew gently for two hours or more. Turn out on a dish, putting a pile of mashed potatoes round.

Local kidney eighteen to twenty cents each.

Enough for three persons.

LIVER AND BACON.

Cut the bacon thinly, remove rind, put into a frying pan and fry crisp. Lift on to a hot dish. Cut some calves or sheep's liver into strips (first wiping it with a damp cloth), dust over with flour, pepper and salt and fry in the hot bacon fat, if not sufficient fat add a little butter, making it hot first. Cook the liver quite through turning frequently, lift and either pour the remaining fat over the liver and bacon or if gravy preferred add a good sprinkling of flour to the pan, pepper, salt, little warm water, squeeze of lime, dash of cayenne pepper, thicken and pour over.

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MACARONI CHEESE.

Take three handfuls of macaroni, and throw into plenty of fast boiling salted water, when done (about twenty minutes), strain and break a little with the edge of an enamel slice and put into a basin, add three parts of a breakfastcupful of fresh grated cheese, a teacupful of diluted milk, a good dressing of pepper and salt and one beaten egg, heaped teaspoonful of butter. Put into a well buttered piedish, sprinkle over more cheese and a little browned breadcrumbs and bake. If the top is not sufficiently browned put a tin of hot embers over and fan till done. Don't keep in oven too long, or the dish will be dry.

Enough for three persons.

MARROW AU GRATIN.

Take a medium sized marrow, peel, halve and quarter, remove seeds, put into boiling salted water. When done lift. Make a little good white sauce, put a little in a fireproof dish, lay the marrow in, cover with sauce, sprinkle over a little cayenne pepper, then grate some Parmesan cheese well over, add a little butter, some browned breadcrumbs, put a tin of hot embers over and brown.

Cost about eight or ten cents. Enough for three persons.

MINCE BALLS.

Take the remains of cold chicken, add a little ham or beef and ham or mutton. Put through a mincer, add black pepper and salt and half the quantity of fresh breadcrumbs, little chopped onion and parsley, one beaten egg, a pinch of mixed herbs, stir well, flour the hands and make into small balls. Save a little of the beaten egg and brush the balls over using a fowl's feather or pastry brush, dip into browned breadcrumbs and fry in boiling fat till just browned. Lift at once and drain. Serve with potatoes boiled and put through a squeezer.

MINCE AND TOMATOES.

Take some large tomatoes, steam them and carefully scoop out the centres cutting them from the stalk side.

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Prepare a little mince either of mutton or beef from the cold joint, add pepper, salt. Make hot by standing in a basin of boiling water, put carefully into the tomatoes (no gravy). Put a lump of butter into a fireproof dish. When very hot add the tomatoes and brown a little, baste well. Place on a dish with mashed or squeezed potatoes round.

MIXED GRILL.

Everything must be crisp and nicely browned, if possible use a well buttered grill over a clear low fire. If not convenient, fry in a pan. Two sausages, three sheep's kidneys, four small chops, or small pieces of good steak. Some dried or tinned mushrooms, chip potatoes, Bacon and sweetbreads may be added too. Grill or fry the chops and sausages first, then the kidneys, first removing the fat and skin and halving them. Cook the tomatoes and dried mushrooms as vegetable recipe and fry the chip potatoes, see also recipe, place the potatoes round dish and the grill in centre. Lift the mushroom from the gravy and add with tomatoes to grill. Put the mushroom gravy into the pan (if used), add the liquor from the cooked tomatoes also a little more water, squeeze of lime and reheat. Serve in a sauce boat. If tinned mushrooms used, open tin, put into an enamel bowl, stand in another of hot water over a slow fire, lift mushrooms out and use liquor as directed.

This is an excellent tiffin dish.

Enough for four persons.

MUTTON CHOPS AND MACARONI.

Take the remains of roast chops, separate them, put into an enamel bowl with a large onion finely sliced and the remainder of the gravy from the joint and gently simmer. Put some macaroni into fast boiling salted water, cook till tender and drain. Average about two handfuls for four or five chops. Break the macaroni a little with edge of enamel spoon, put a layer in a greased piedish, then the chops and some finely sliced tomatoes, shake a little pepper over, add more macaroni and a layer of chops and tomato till dish full leaving macaroni at top, pour over the gravy evenly and stand in oven.

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The remains of roast mutton may be used the same way.

A clove of crushed garlic is an improvement.

MUTTON PUDDING.

Take a small pudding basin and well grease it and line with light suet or dripping crust. Mix with milk and water instead of water only, cut a thick slice from a leg of mutton, make the joint neat by chopping the piece of bone off, add to meat. Cut the meat into small pieces, dip into pepper, salt and flour and lay in basin, adding a little finely chopped onion and parsley. When basin full, add water to nearly the top, wet the edges and put a thick crust over, pressing edges firmly (always remember to let the crust lining of the basin lap over a little so as to make edges firm), tie a floured cloth securely over, and plunge into boiling water and see that the water continues boiling at once. Remove cloth only, and serve with a little jug of hot water (in case the gravy is too thick) and mashed potatoes and beans.

Time about two hours or more according to size of pudding.

OMELETTE CHEESE.

Prepare eggs as for Savoury Omelette. Add a little pepper, salt and cayenne pepper to yolk and one heaped teaspoonful of finely grated cheese. Add the whipped whites. Put a little butter in the pan, when warm, pour mixture in, when browned on one side fold, shake a little cheese over.

Serve at once. Enough for two persons.

OMELETTE KIDNEY.

Take a sheep's kidney, remove fat and skin, halve and fry for five minutes in a little very hot butter, lift chop finely, add pepper and salt and put back into pan. Keep hot. Now prepare eggs as for Savoury Omelette, add whites to yolk, stir, put a little butter in pan, turn mixture in and when browned on one side quickly put the kidney on one side of the omelette and fold the other part over. Serve at once.

Enough for two persons.

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OMELETTE SAVOURY.

Take four fresh eggs, tap the centre sharply, have ready a basin and a dry dinner plate, carefully pour the whites of the egg on the plate, moving the yolk to get all the whites, put yolks into basin, taking care not to get any of the yolks mixed with the white. Beat the yolks, add a little pepper, salt, little finely chopped parsley, ham, onion, pinch of mixed herbs. Put a tiny piece of butter in the omelette pan, make hot and pour the butter off. Then put a small fresh piece in. Beat the whites with a fork till they are quite stiff so that you can turn plate upside down without white falling, if they won't whip stiff, either the plate or fork is wet or eggs stale. Add the whites to the mixture, stir, warm the butter, pour mixture in. When browned on one side, fold, put on hot dish. Serve at once. Enough for two persons.

PEACE JELLY.

Take the remains of cold tongue, fowl, ham or bacon, veal, rabbit, fowl's liver cooked, any or all of these. Trim and cut into small squares. Put the bones and remaining pieces (must be quite sweet) into a stewing jar, with any poultry gravy left over from roast, add pepper, salt, small pieces of lime rind, cut thinly, add some water and simmer half hour, strain and cool and remove fat carefully, put on stove again to reheat. Now take two eggs and hard boil them ten minutes, stand in cold water. Take some Agar Agar jelly (about twenty average strands to a pint mould), soak in cold water, then stand over slow fire till dissolved, then add the bone liquor and bring to boil. Lift, strain through a cloth into a basin, add a little sherry and if necessary colouring. When nearly cold, pour a little into a wetted mould, lay a few slices of hard boiled egg in and a layer of mixed meat. More jelly, repeat till full. Ice, turn out, decorate with tomato jelly and mustard green.

This is a good way to use up odds and ends if they are perfectly sweet.

PIGEON PIE.

Pluck and draw four pigeons overnight. Next morning halve them, remove feet. Cut half a kati good

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beef steak into strips, butter a piedish, lay some strips of beef at the bottom, then the halved pigeons, adding pepper and salt, mushrooms, neck and liver of birds, a little chopped parsley and a few rashers of rolled bacon. Sprinkle well with flour and add a little more than enough cold water to cover, a squeeze of lime juice, cover with a dish and gently simmer till done. Lift, stand an egg cup in centre, add some hard boiled eggs shelled and halved and cover with good short crust. Brush over with beaten egg and stand feet out from hole in the centre. Bake in moderate oven. Best cold.

Enough for four to six persons.

PIGS CHEEK BOILED.

Choose a small plump half cheek. Wash, scrape the skin thoroughly, removing any hair that may be left, take out the eye, lay on a dish and rub well over with coarse salt and keep till required. Then wash well, put into a large saucepan with plenty of cold water and boil till tender, it should slip easily off a skewer. Lift and place on a hot dish, serve with plenty of onion sauce and some green vegetable and apple sauce. It is excellent cold the next morning for breakfast. The liquor may be used for soup adding some salt to keep it. Put the pork into a pan as flat as possible to prevent curling round.

Time about two hours according to size. Must simmer only.

PIGS TROTTERS.

Thoroughly wash the feet. Put into a large saucepan of cold water. Simmer gently about two hours or till done. Test with a skewer. Lift when cold, divide in half. Mustard and salt only needed.

POACHED EGGS.

Place the poacher in a frying pan, fill both with boiling water. Add a dash of vinegar, sharply break the egg shells and drop eggs into the allotted places, when cooked hard or soft as required, lift poacher, drain, place eggs on hot buttered toast.

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PORK CHOPS.

Rub the bottom of the frying pan with a little butter, lay in the chops and cover. Cook over a slow fire, turn occasionally, after twenty minutes, remove cover so as to brown the chops a little, they must be thoroughly cooked through, half an hour is not too long. They must be quite white all through, cover at first or they will get too dry. Place on a dish, make a little gravy after pouring fat off, a little flour, pepper, salt and lime juice. Serve with apple sauce or apricot jam.

POTATO CASES.

Well mash some boiled potatoes with a wooden spoon, add pepper, salt and a little hot milk, lump of butter. Then add the stiffly beaten white of an egg. Turn out on greased dish and flatten, then flour the hands, and mould into either small ramakin cases or one large one, making it neat with a knife dipped into hot water. Then with a large fork gently flute the sides and the round piece for the top (if large case is made). Take a brush or fowl's feather and brush over a little beaten egg, quickly bake in a hot oven. These cases may be used for any kind of ragout or fish reheated and white sauce poured over. Especially suitable for chicken stew.

PROPER IRISH STEW.

Take a piece of the best end of the neck of mutton, that is the part between the scrag and chops proper (little cutlets without any fat). Cut into chops. Put into an enamel saucepan, a layer of peeled potatoes and sliced onions, then a layer of chops, repeat till pot full, finishing with the vegetables, add salt, pepper and just cover with cold water. Simmer gently, removing lid as seldom as possible. Cook for about one-and-a-half to two hours according to quantity of meat.

RABBIT AND BACON BOILED.

Skin the rabbit, remove the eyes, throw away the liver and kidney, wash well. Then joint neatly, cutting the back into four or five pieces straight across. Add three large onions, cut in halves, some chopped parsley,

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pepper, salt and some slices of bacon, cover with cold water and stew very gently. Time one hour. Enough for three or four persons.

RABBIT IN PARSLEY AND BUTTER.

Stew the rabbit as for above dish, lift the meat. Pour over parsley and butter sauce and add whole boiled onions and potatoes.

The rabbit broth may be used for the next meal.

RABBIT PIE.

Prepare and stew as for above dish, cook for nearly an hour then remove head, open, put the tongue back into stew, stand an egg cup in centre of a piedish, place meat in and pour gravy over, cover with plain crust, bake in moderate oven.

Best cold.

RABBIT PUDDING.

Line a greased pudding basin with suet or dripping crust, cut the joints up smaller than for rabbit pie. Chop the back into small pieces, also the head. Add two minced onions, pepper, salt and saltspoonful of mixed herbs, small pieces of bacon or salt pork, sprinkle a little flour over and nearly fill with cold water. Cover with a thick crust, tie a floured cloth over and plunge into boiling water. Cook for two hours and serve with parsley and butter sauce.

RABBIT SAVOURY.

Prepare rabbit as for rabbit and bacon, joint it neatly, score the meat a little on the top. Well grease or butter a piedish, sprinkle over a layer of finely chopped onions, add sage or mixed herbs, lay the pieces of the rabbit in, and cover with a good layer of onion and seasoning, pepper and salt and sprinkle a little flour. Cover and put in moderate oven. Partly cook some potatoes in their jackets. Peel, cut into quarters. Remove the cover from the rabbit after ten minutes and add the potatoes, turning rabbit at the same time. Don't cover

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again. Increase the oven heat a little to brown the potatoes and rabbit and if necessary, add a little more fat, or meat will be too dry. Bring to table either as it is or lift to a dish, pour any fat away. Add flour, pepper and salt, squeeze of lime, little hot water and thicken, serve in a sauceboat. A few pieces of bacon fried in the piedish last few minutes is an improvement; also if you have any bacon fat use this to baste with instead of dripping or butter.

Very tasty dish.

REMAINS OF COLD FOWL No. 1.

Take the remains of a roast fowl, remove meat from bones and put through a mincer. Now take the bones, skin gravy from the roast, add a little water, a sliced onion, pepper and salt, a pinch of mixed spice, little lime peel and boil gently for ¼ hour. Butter a fireproof dish, put a layer of fresh breadcrumbs in and a layer of mince, repeat till full, make warm, then pour the gravy over evenly. If liked a little Parmesan cheese may be sprinkled over the top.

REMAINS COLD FOWL No. 2.

Take the remainder of cold roast fowl, remove all skin and bone and cut into tiny squares. Put a little butter in a pan and when hot, put the fowl in, shake over a little black pepper and salt, turn constantly. When hot, add the gravy from the roast, a finely chopped onion and a clove of garlic crushed, one teaspoonful of tomato sauce. Stir well till fowl dry and crisp. Have ready some cooked vermicelli or macaroni, place in a dish and put fowl in centre.

REMAINS OF COLD FOWL No. 3.

Remove the meat from the bones of a steamed fowl, put into a fireproof dish, stand in frying pan of hot water, put the bones into a small saucepan with a little water, one small onion, some parsley, pepper and salt. Cook for half an hour, strain, add the pure jelly left in the basin from steaming the fowl, put a small teaspoonful

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of butter into an enamel bowl, add the same of flour when melted, gradually add a little undiluted milk, about a puddingspoonful. Thicken and slowly add the bone liquor, bring to boil and pour over the fowl. A few cooked artichokes or onions may be added.

REMAINS OF COLD MEAT.

Remove fat and gristle, chop the meat into tiny squares. Add pepper, salt and curry powder, sugar, lime juice. Stir well and put on a warm stove in a basin. Now take some "Uaksa" ("Beehoon" in Chinese) or spaghetti, throw into slightly salted fast boiling water and cook for about eight minutes, then drain most of the water off, stand over a slow fire stirring frequently. When just done lift, turn into a collander, and when drained, place in a warm oven, leaving door open, or top of stove. Well wash some raisins, dry, put into a frying pan with a little butter, over a slow fire, cook till browned and fairly crisp. Stand on one side. Now get some small onions, a few cloves of garlic, slice thinly and fry in a little butter till nearly browned, then add the chopped up meat, stirring constantly; it may need a little more butter. Cook until meat browned and crisp, *but not dry*. Place the spaghetti (which should be quite dry) on a dish, put meat in centre and the raisins on top. No gravy required. Very tasty dish.

Average one good teaspoonful of curry powder, half of sugar, four small onions, one clove garlic, one handful of spaghetti to every breakfastcupful of chopped meat, also a handful of raisins. This spaghetti must be dry. Excellent cooked as recipe and may be used instead of rice for curries. Much lighter.

REMAINS OF MUTTON CHOPS.

Take the remains of roast chops, separate them, well dust with pepper, sprinkle salt, well grease the frying pan and when hot put chops in. Turn several times and if necessary add a very little fat, but the chops must be dry, crisp and browned. Serve with good mashed potatoes and tomato sauce for breakfast.

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RUNDANG.

One kati beef, one root citronella, one cocoanut, six cloves garlic, one piece of ginger, the size of a nutmeg, six small onions, one chilli, three cupfuls of warm water, two level teaspoonfuls salt, juice of a lime, four heaped teaspoonfuls curry powder, one heaped teaspoonful sugar, one teaspoonful chutney juice.

Get a good sized cocoanut, grate all the white on a proper cocoanut grater, put into a basin and pour over a little hot water, about a pint, let it stand half an hour, then with the hands squeeze it very tightly over another basin (the last squeeze produces the best cream). When finished, pour the remainder through a hair sieve and squeeze the little that remains, stand an hour or so. Now take the beef, cut into squares about the size of loaf sugar, put some dripping (about a puddingspoonful) into a large frying pan. When hot add the beef, turning all the time, when very slightly browned add teaspoonful of the salt scattered over and then the warm water. Stir well, cover for five minutes, then remove cover, and gently boil till all the water is finished, stirring frequently. Meantime, remove the skins from garlic, onions and ginger, cut up and roll finely on the curry stone, also the chilli. Put into a basin with the other teaspoonful of salt, the chutney, sugar, lime. Skim the cream off the cocoanut milk, and add also a heaped teaspoonful of the cocoanut (after grating, mix with ingredients and pour over the beef, stand over a slow fire, stir well in, add the piece of citronella whole and cover. After a few minutes remove cover and add any more cream there may be from time to time. If cream poor, some of the milk must be added as well. Stir every few minutes and towards the last use a flat iron slice as the beef is inclined to stick, cook slowly till the beef is almost dry, no liquid left. Then stand and when cool, put into a glass jar, including any oil there may be there. This is excellent for breakfast with bread or as a curry sambal, or an appetiser before dinner. Will keep several days.

It may be eaten with rice or spaghetti.

SATAI.

Three-quarters kati beef steak free from fat and gristle, four ripe chillies, six cloves of garlic (Bawang

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Puteh), two cents worth (handful) of shelled "Kachang Goring," one good teaspoonful of brown sugar, one cent worth (one tablespoonful) of coriander seed, one small onion, five cents worth cocoanut oil, three small pieces of kuning, salt, squeeze of lime.

Cut the beef into tiny squares about quarter of an inch thick, sharpen some satai sticks and thread through the beef, putting about six or seven pieces on each stick closely together, one end. Pile on a dish. Now put the nuts Kachang Goring (or known at home as monkey nuts) into a flat tin in the oven or over a slow fire. When very hot, put into a clean cloth and well rub to remove the brown skins. Peel the garlic and onion and have these rolled on a curry stone very fine, also the chillies, kuning, kachang and coriander seeds, putting them when done in separate heaps on a plate. Take the little heaps of chillies, garlic, three parts of the onion and kachangs, put into a fireproof dish, add a little salt, squeeze of lime, sugar and mix gently with cold water, till it becomes a thick cream. Put over a slow fire and thicken, stand to cool. Stirring often, it may need a little more water. Must be a thick cream. Now take most of the kuning, a little salt, three parts of the coriander seed and the remainder of the onion, mix into a paste with a little water, then add all the cocoanut oil, mix as well as possible, then roll the satai sticks well in and stand all round a large dish. Have a good clear fire ready (charcoal fires in Chinese earthenware pots are useful for this, also for grills), baste the sticks with a fowls feather dipped into the mixture again, place on wire grids over the fire (the meat part only). When it starts to cook, put the mixture close to and constantly baste and turn till cooked *but not dried crisp.* Remove to a deep dish, batches of them at a time and place in hot oven. This quantity is enough to make fifty or more sticks. Serve with a little rice as for curry and finely chopped pineapple and the cold sauce. Some people prefer the rice, as the Malays prepare it in a stiff square wrapped in a leaf and usually sold one cent per piece. Just a matter of taste. Fowl satai is best but more trouble and more expensive, the meat being taken off every part carefully and cut and arranged as beef. Don't make the satai till nearly wanted. A good tiffin dish. Start cooking

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at 12-30. Soup only should be served beforehand. If fowl sarti, meat soup, if beef sarti clear or poultry soup. Sarti sticks may be bought in bundles about four or five cents per bundle of 100. Useful to keep for skewering pigeon, chops, etc. Can be had at most Chinese kedais. Sarti must be served very hot and sauce cold. The meat must be threaded through and lie flat on the sticks. Time about four minutes for a batch to cook.

SAUSAGE ROLLS.

Turn the sausages out of the skins (Cold Storage are the best), put into a tin in oven, cover and cook for fifteen minutes slowly. Cool. If they are put straight away into rolls, not sufficiently cooked. Make some good short crust, roll into long strips, cut into small squares, put a little sausage meat in each damp edge and fold over. Brush with a fowl's feather dipped into beaten egg and bake in a quick oven. When done lift on to a sieve or pastry stand to cool.

SAVOURY OX TAIL.

Boil the tail as directed for soup, lift the pieces out when done, and put into a fireproof dish, take two large onions and mince finely, add pepper and salt, some finely grated breadcrumbs, a good pinch of thyme and a beaten egg and spread round and over the pieces of tail. Bake for half an hour, add a little dripping to dish before putting the tail in, when done should be crisp, potatoes partly boiled and cut into slices and added to dish to finish are an improvement.

SCRAMBLED EGGS.

Put a small teaspoonful of butter into an enamel saucepan, then add two well beaten eggs, pepper, salt and a small teaspoonful of milk, put over a slow fire and beat with a fork. When cooked and crumbly pile on hot buttered toast and serve quickly; be careful about the milk or the result will be a soft custard. Average two eggs for each person.

SHEEP'S TONGUES BRAISED.

Put the tongues into salted cold water, bring to boil and simmer till tender, lift with a skewer the root end,

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plunge into cold water to remove skins easily. Put some butter into a stewpan, when hot add a sliced onion (one for each tongue) and fry till nicely browned, dust the tongues with a little flour, add to onions and brown a little. Add some cut up carrots, turnips (lobak) and onion, partly cover with warm water, or warmed stock that meat or bones have boiled in. Cover, put in oven and stew for half or three quarters of an hour. Put a little flour into a basin, mix with cold water, add tomato sauce, a teaspoonful for each person and add to the stew, and a tiny drop of sauce from the "Bite Bottle."

Average three tongues for two persons as an entree.

SHEEP'S TONGUES COLD.

Put on into slightly salted cold water and cook till tender. Plunge into cold water, peel skin off carefully, curl the tip of tongue round towards the back and firmly fasten through with satai stick. Carve thinly, excellent with tomatoes for breakfast.

SHEEP'S TONGUES STEWED.

Cook as above recipe. When skinned cut into thin slices. Put into a fireproof dish, make some thin parsley and butter sauce, add a good sprinkling of pepper and simmer for ten minutes and serve.

SHEPHERD'S PIE.

Peel and boil some potatoes, mash well, add pepper, salt, a little hot milk, lump of butter. Well grease a piedish and line with the potatoes. Fill with some good mince, beef or mutton, latter best. Add pepper, salt, one small chopped onion and any gravy from the roast. Put a good thick layer of potato on top, score all over with a fork, put tiny pieces of dripping over, sprinkle with browned breadcrumbs and bake.

SHRIMP PATTIES.

Roll out some flaky pastry fairly thin, stamp out some rounds with a tumbler, then three smaller rounds with a suku glass, take these three and stamp right

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through the centre with a small liquer glass. Place the three rings on the round, put a piece of dry bread in the centre and a tiny round of pastry on the top. Make as many of these as required. Bake in a quick oven. The pastry must be very carefully made and in a cold place. Iced butter and water used. It is difficult to turn out good flaky pastry in this country owing to the heat, but short crust arranged the same way is quite good. When pastry done, lift on to sieve, remove tops, turn out the bread and fill with boiled and prepared shrimps, first adding a little white sauce to them and a good dash of cayenne pepper, squeeze of lime and if fresh, water shrimps, add a little anchoy sauce. Then place the little round of pastry on top.

STEAK AND KIDNEY PIE.

One katti of beef steak, one ox kidney, two hard boiled eggs, four tomatoes, and if liked a few dried mushrooms.

Cut the meat into short strips, about half an inch thick, and the kidney into small pieces, removing the fat in centre, add a good sprinkling of white and black pepper, half a small teaspoonful of salt, a teaspoonful of flour, stir well, put into a piedish, and enough cold water to well cover. Stew gently for two hours well covered then lift, put an egg cup in the centre, arrange the quarters of hard boiled eggs round, mix the mushrooms (if used) with the meat, after well washing and stalking them and the tomatoes cut into quarters, and if not enough add gravy, add a little water (if dish too full of gravy, drain a little off, put into a sauceboat and keep warm and serve with pie, to be poured into it when opened). Cover with a good short crust leaving a hole in centre over the egg cup. Cut a strip of pastry, fairly thick (nearly half an inch), then divide into small squares, pinch one corner and arrange as leaves from centre of dish, four only, take another strip cut it half way through at regular intervals and carefully roll, stand over the hole in centre and draw the cut edges out a little. Take a brush or fowl's feather and brush all over with a beaten egg, bake in a good oven.

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STEAK AND KIDNEY PUDDING.

Take half kati of good steak and half an ox kidney, chop into small pieces, add pepper, salt, a little grated nutmeg, half teaspoonful of flour, a little cold water. Now make a dough paste of three big handfuls of flower, two tablespoonfuls of dripping, pinch of salt. Rub the dripping into the flour gently with tips of fingers, then mix with cold water, taking care not to add too much at the last. It should be fairly dry, the last few crumbs difficult to gather up. Roll out on to a floured board. Then roll the part nearest to thinner. Grease a breakfast cup, put a piece of the thin dough at the bottom and line the sides, leaving a little to lap over the edges for joining. Put the meat in, add a little more water but not enough to fill, roll the thicker piece of dough and cover the top, damping the edges and pressing. Put a floured cloth over and tie, taking string once through the handle and then round again, then draw cloth underneath and pin together, put a saucer into a large saucepan of fast boiling water and plunge the pudding in, seeing that it comes to boil again *immediately*. Boil for two hours, refilling saucepan every now and then with more boiling water. Remove cloth, stand on a hot dish, and bring to table with a small jug of hot water. Cut a piece of crust out and pour a little water in and stir. Serve with boiled potatoes and beans.

Cost of meat and kidney 40 cents. The other half of kidney may be made into soup for next meal.

Enough for two persons.

STEWED BREAST OF LAMB AND PEAS.

Wash the meat, cut into pieces, if too large to go into a flat stewpan. Cover with cold water, add pepper, salt, a small chopped onion, a few springs of parsley. Bring to boil and skim well. Simmer very gently till done, pour the liquor into a wide basin, stand, cool, and remove all fat. Take the meat and pull all the flat bones out and put back into saucepan. Meantime, boil some small potatoes in their jackets, when done, peel, put into an enamel bowl, add a tin of peas (or part of), a little sugar and a bunch of mint, stand in a

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saucepan of water and thoroughly heat through. When you have taken fat off the liquor, put back into saucepan and when warmed add the peas and potatoes. Throw out the mint. Serve very hot. Very nice dish.

STEWED DUCK AND PEAS.

Pluck and draw the bird, cut the neck off and feet at the joint, truss the bird and roast in some good dripping for half an hour. Lift, drain off the fat, add a teaspoonful of flour, a squeeze of lime, pepper, salt and about three quarters of a pint of water (warm), bring to boil. Now cut the duck into neat joints, put into a fireproof dish, add a heaped teaspoonful of apricot jam to the gravy and pour over the duck. Then put in about six forcemeat balls and gently stew for half an hour. Just before dishing up, add a tin (or part of) of peas, previously warmed with a little sugar, mint, pepper and salt added. A teaspoonful of sherry is an improvement. If no jam at hand, use sugar. The neck and gizzard may also be fried and the liver added to stew to enrich the gravy.

Serve with mashed potatoes.

STEAMED FOWL.

Truss as for roasting, put into a basin, and stand in a steamer or in large pan with some boiling water to reach about half way up the basin, renew water occasionally and steam an hour for a small fowl. Lift on to a hot dish and pour over some sauce, either parsley and butter, cucumber, white, or egg sauce. Let the liquor remain in basin till later, it will be a pure jelly and useful for soup or reheating the fowl. Serve with ham or rolls of bacon, steamed in basin ten minutes before dishing up.

STEWED HARE.

Take the remains of roast hare, cut into neat pieces, put into a deep fireproof dish, put a tablespoonful of flour into basin, mix with a little water, add the gravy from the roast, juice of a whole lime, one large sliced onion, cover the meat with this, add a good dash of

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cayenne and salt and gently simmer for ten minutes, then add about three tablespoonfuls of port wine and one of ketchup; if no gravy left from roast, add a lump of butter, cover and stew gently for about three quarters of an hour. Some small forcemeat balls may be added if stuffing finished. Serve with red current jelly.

STEWED STEAK AND MUSHROOMS.

Half kati of beef, one large onion, five cents worth (a handful) of dried mushroom (Chendawan) or a small tin of preserved ones. Peel and slice the onion, fry in about a heaped teaspoonful of dripping or butter. When browned, add the beef, cut into pieces about three inches long, brown a little, then add pepper, salt, teaspoonful of vinegar, half teaspoonful sugar, well sprinkle with flour. Add warm water, stirring carefully, enough to more than cover, bring to boil, transfer to a fireproof dish or stewing jar. Simmer gently for two hours, keeping covered. If dried mushrooms are used soak well in warm water, squeeze and soak again, then squeeze, remove stalks and add to stew. If tinned ones are to be added, open tin and turn in a basin and stand in hot water, add quarter of an hour before dishing up. This dish is very tasty and has good gravy. Enough for two persons.

SMOKED OX TONGUE.

Soak the tongue in a pail of cold water for about three hours. If it appears at all hard soak longer, but this is generally sufficient. Lift, scrape over with the back of a knife. Put into a fish kettle or kerosine tin with plenty of cold water (fish kettle is of course best as it preserves its shape better). Stand over a good fire and boil steadily till tongue slips off fork readily, usually take about two hours after coming to boil. Now lift and put into a pail of cold water so that it can be peeled more easily. Stand a minute, put on to a board and skin, start underneath the tongue and peel quickly, don't cut; if properly cooked will peel easily, pull out the two bones at the root of the tongue, cut away the piece of string. Take a strong skewer, run through tip of tongue and draw back as tight as possible and skewer through towards

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the back, get some broad tape and tie round and round, first fastening it through the eye of the skewer then put a carving fork in the root of the tongue, plunge into the water it has boiled in and then place on a dish till cold. Don't cut off any of the back part where the fat is. In carving, lay it flat on a dish and carve even slices thinly, fat and lean. May be served alone or with ham. After every meal remove to a clean dish, always keeping the cut side downwards. Smoked tongue keeps better than the fresh ones. If the uncut side gets a little soft scrape it with the back of a knife and rub over with a piece of clean rag dipped in vinegar and water. Don't cut the tongue if possible before it is cold, it keeps the juice better. The remains may be minced and mixed with ham, butter, pepper salt and nutmeg, pinch of spice and made into potted meat. Salted tongue may be treated the same way.

STUFFED CUCUMBER.

Take the remains of cold beef or mutton and mince finely, add a slice of finely chopped onion, pepper, salt, put into a basin and warm. Peel thinly some large cucumbers and put into salted boiling water. When done, lift, drain, cut in half length ways. Scoop out the seeds, fill with mince, add a little butter on top, place together again, sprinkle with browned breadcrumbs and place in oven.

STUFFED BREAST OF VEAL.

Lay the meat on a board and carefully remove the flat bones. Rub with butter, spread over some fowl stuffing and add a little sausage meat if at hand, roll and tie securely in two places. Put a puddingspoonful of butter into a fireproof dish and when hot dust the roll with flour and add, brown a little all round, lift the meat. Then add a teaspoonful of flour, stirring in gradually, a good squeeze of lime, pepper salt and enough warm water to barely cover the roll, thicken, put roll back, cover and gently simmer for two hours or more, turning frequently. A quarter of an hour before ready add a tin of peas, first heating them and adding mint and sugar. Also small rolls of fried bacon.

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STUFFED PORTION OF BULLOCKS HEART.

This is generally cut up and sold by weight in the market a piece costing about twenty cents enough for two persons. Wash the piece and dry. Should there be a little cavity, fill it with a little stuffing made of a good pinch of sage or mixed herbs, one small sliced onion, pepper, salt, parsley chopped and a few fresh breadcrumbs and a little flour damped with water. If no cavity cut a slit in the thickest part lengthways and fill, dust over with flour. Tie securely and bake in a piedish with plenty of fat. Drain fat from tin, add flour, pepper, salt, squeeze of lime, little warm water and thicken. Serve with stewed mushroom or baked tomatoes and chip potatoes. Time about half an hour.

STUFFED STEAK AND BRAISED ONIONS.

About half a kati or more of good steak, cut thin in one piece, lay on a board and beat it a little. Now mince a little ham or bacon and spread over the beef. Sprinkle with fresh breadcrumbs, little grated nutmeg, pepper, salt, little black pepper also pinch of mixed spice. Roll and skewer in two places. Put some butter or dripping into a fireproof dish. When quite hot flour the roll and put into fat, turn frequently till slightly browned. Drain off fat, add half teaspoonful of flour, a little pepper, salt, warm water not enough to cover, half teaspoonful each of sugar and vinegar, small wineglass of sherry. Cover and stew slowly, turning frequently for about one-and-a-half hours, add braised carrots, onions, tomato. Serve with mashed potatoes. Enough for three persons. Excellent.

SWEETBREADS AND BACON.

Soak the sweetbreads in a little cold water and salt, rinse, put in boiling water, cook for about eight minutes, lift and drain and when cold dry in a cloth. Divide, brush over with beaten egg, dip into browned breadcrumbs and fry with the bacon. If not enough fat, add a little butter, making it hot first.

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TOAD IN THE HOLE.

Get some tender steak, cut into pieces about four inches long and two thick and fry a little in hot butter. Have ready a batter (adding another egg and half the quantity again of flour) as for Yorkshire pudding. Pour into a piedish with some good hot fat already in, stand the meat in so that the ends stick out and bake in a moderate oven.

Sausages may be used instead of steak, cooking them partly first.

TASTY CHICKEN DISH.

Cut the chicken into very small pieces and put on skewers or satai sticks, first a piece of chicken, then a thin slice of small onion and a thin slice of ginger. Fill the skewers thus. Shake over a little salt and pepper. Put a little dripping into a large frying pan, and when very hot lay the sticks in, turning frequently. After ten minutes drain off the fat so as to make the fowl crisp but not dry. When done slide meat off the sticks with a fork on to a very hot dish and place chip or flake potatoes round. Make a little gravy in the tin with pepper, salt, lime juice, flour and a little hot water. Be sure and don't overcook the fowl or it will be tasteless.

TOMATO JELLY.

Soak eight or nine strands of Agar Agar jelly in a wineglass of cold water. Then put into an enamel bowl six good sized tomatoes, pepper, salt, little sugar and cover with water and cook. When soft rub through a hair sieve and when jelly dissolved strain through on to the tomato juice. Pour into a wetted square dish and when cold, cut out into rounds with a liquer glass and decorate any cold dish or galantine.

VEAL AND PORK MOULD.

If you have a joint of veal either leg or shoulder, cut off about a one pound slice of the former or the knuckle and trimmings of the latter till you get the required quantity. Cut into small pieces add two puddingspoonfuls of fat and lean pork (about fifteen cents worth) cut small, also three tablespoonfuls of freshly grated breadcrumbs, a

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heaped teaspoonful of salt, a heaped saltspoonful of black pepper, a squeeze of lime, a good pinch of mixed spice and two well beaten eggs. Put into a deep buttered mould. Cover with a buttered paper and steam two hours. Be sure and have the mould deep to allow mixture to rise. When done stand in warm oven a few minutes and when cool ice, turn out and decorate with tomato jelly and mustard green.

STEAK AND ONIONS.

Peel some onions thinly, put a good sized piece of dripping into a large frying pan and when hot drop the onions in, cover. Remove the lid occasionally for a few seconds, stir well and cover again, they take a long time to cook thoroughly and should be brown and moist when done and not crisp. When done lift, place round a dish, put a lump of butter into the pan and fry the steak turning with tongs. As soon as cooked, place in centre of dish and serve putting a little butter on steak. Half a catty of onions, about enough for half a kati of steak, as they shrink very much in cooking.

FRIED MUTTON CHOPS.

Cut the chops neatly, break the long bones and draw towards the back, pinning through with a satai stick, dip into beaten egg or cold flour and water paste, sprinkle with browned breadcrumbs and slowly fry in very hot fat. Cook with less heat than is required for steak and see the chops are well done all through. Drain, place on a dish with baked tomatoes and chip potatoes. Make a little gravy from the tin after pouring off fat, add a little flour, salt and water and the liquor from the tomatoes.

HORS D'ŒUVRES

BURMESE SAMBAL.

Half a kati of best dried shrimps (udang kering), (twenty cents worth), five bunches of garlic (bawang puteh), twenty-five cents worth of cocoanut oil (minyak kelapa), five chillies, one cent worth assam java, one cent blachan, one tablespoonful of vinegar.

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Pick the shrimps carefully, *don't* put into water. Place them on a clean stone or in a curry bowl and well beat them. Then roll very finely on a curry stone, also the chillies and blachan. Put the assam java in half a teacupful of cold water. Pour the cocoanut oil into a large frying pan, peel and slice the garlic very finely, add to the oil, then put in the shrimps, stir constantly over a slow fire. Then add the blachan and chillies, vinegar and half a teaspoonful of salt. Stir the assam java and pour in most of the juice, turning the mixture the whole time with a flat spoon. Cook till nicely browned and coffee coloured, put into small bottles and when cold fasten down. Excellent spread on thin slices of dry toast or as a curry sambal. Will last weeks well covered. Enough for one pint.

Best dried shrimps 40 cents half kati.

CAPERS AND HARD BOILED EGGS.

Hard boil the eggs for ten minutes and put into cold water. Stamp out some thin rounds of bread with a small wineglass, shell the eggs, cut off just the ends and cut into thin neat slices. Place a slice on a piece of bread, add three capers and a little pepper and salt. Be careful tc drain the capers well first. One egg will make four to five rounds.

EGG AND OLIVE SAVOURY.

Hard boil some eggs ten minutes, place in cold water. When required shell, halve, put the yolks in a basin and beat well, add pepper, salt, a little cayenne, a little butter, stone some olives (two to one egg) and chop finely with a silver knife, add to yolk and mix well. Pile on small rounds or squares of bread.

FOWL'S LIVER HORS D'ŒUVRES.

Put the liver into an enamel saucepan of cold water and boil for fifteen minutes or remove liver from the plain giblet soup. Chop finely and beat well. Add half a teaspoonful of butter. If liver large add more, a dash of cayenne pepper or a slice of capsicum first rubbed over the basin, before putting liver in, a pinch of salt, little pepper, squeeze of lime. Beat well and spread over

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thin slices of bread. If taken from soup wait until soup is cold, then carefully skim the yellow fat off top and add as well as other ingredients, this makes it richer.

Can also be made from duck or goose liver. Fowl and goose best.

MACASSAR FISH HORS D'ŒUVRES.

Stamp out some thin rounds of bread with a small wineglass, place over each a thin slice of peeled cucumber, add a Macassar fish curled round and a tiny piece of chilli.

SARDINE HORS D'ŒUVRES.

Lift the sardines from the tin free from oil or tomato. Remove tails, put into a basin and beat well. Add a squeeze of lime, pepper, and a finely chopped chilli, one teaspoonful of butter. Mix well. Spread on thin slices of bread, put a little mustard green on top, cover with more bread, cut into squares.

STONED OLIVES AND ANCHOVIES HORS D'ŒUVRES.

Stamp out some rounds of bread with a liquer glass, fry in hot butter and drain. When cold, add a stoned olive with an anchovy curled round.

RUNDANG.

(Refer to entrees recipe).

CAVIARE ON TOAST.

Large caviare best, open tin and spread on thin slices of buttered toast. Sprinkle over a little cayenne and juice of lime.

LAX (NORWEGIAN SALMON).

Open the tin and put contents into a glass bottle with good screw top. Will keep some time in a cool place. Cut into small pieces, put on to an enamel plate and warm only, place on hot buttered toast, adding as dash of cayenne.

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FRENCH DRIED SAUSAGE.

This is a great delicacy, cut into very thin slices and put on squares or rounds of bread, adding a little mustard. Will keep a long time in a dry place.

May be bought at Messrs. H. Bolter, Singapore.

POTTED MEATS

POTTED BEEF.

Take half a kati of good beef steak, cut into pieces, put into an enamel bowl, adding one small chopped oinon, pepper, pinch of salt, cook slowly for an hour, adding one-and-a-half tumblers of water, strain off soup which can be used for next meal. Put the meat twice through a mincer. Add a good dash of pepper, pinch of salt, two tablespoonfuls heaped of butter, some grated nutmeg. Beat well with a wooden spoon, if at all dry add two teaspoonfuls of soup, if to be used same day only. If to be kept add more butter. Pound well, taste to see if sufficiently salted. Put into pots or ramakins and when cold spread over a little butter. Will make enough sandwiches for about ten people. Very tasty.

POTTED BREAST OF CHICKEN.

Cook the chicken as for "Chicken in Jelly Recipe" but leaving the breast and bone intact. When done, lift the breast, remove skin, break into pieces with a fork and beat till it becomes a cream, adding the yellow fat from top of soup and a puddingspoonful of butter, more if fowl large, pepper, salt and a very little nutmeg, a tiny pinch of mixed spice. When a soft paste, put into jars, spread a little butter over to exclude air. This is a great delicacy either on hot buttered toast, with a little lime juice and cayenne or better still spread as for sandwiches.

POTTED SHRIMPS.

Get some salt water shrimps if possible, put them into a saucepan and cover with cold water and simmer

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for ten to fifteen minutes. Strain and shell thoroughly. Put into an enamel bowl and enough butter to cover them, a good dash of black pepper, make hot only and pour into small pots, when cold spread a little cold butter over to exclude air. Excellent for tea on thin bread and butter.

If fresh water shrimps used, add salt.

POTTED TONGUE.

Take the remains of a smoked or salted tongue (must be quite sweet). Put it twice through a mincer, add black pepper, a little ham, fat and lean, also minced, butter, beat well. Put into small pots and spread butter over.

SHRIMP PASTE.

Cook and prepare as for potted shrimps. Roll finely on a curry stone, sprinkle over a little of the water they have boiled in, put into a basin and add some black pepper, a little drop of anchovy sauce, some butter, beat well, put into jars and either cork down or spread butter over.

A pestle and mortar is a most useful thing for making potted meat, failing that a curry stone and an ironstone china basin with a strong round enamel soup ladle to beat the ingredients.

POTTED KIPPER.

Get some Cold Storage kippers, pour a jug of water over, stand in a fireproof dish in hot oven for eight minutes. Lift carefully, lay kippers on a large dish. Take a spoon and scoop the oil that will be on top of kipper and place on one side of dish. Now carefully lift every piece of fish, removing as many of the bones as possible, add to the oil. Also dash of white and black pepper, a good lump of butter, any oil that may be in the tin the kippers were cooked in. Pound well into a paste. Put into small jars and when cool spread a little cold butter over to exclude air. Excellent. Will keep. One good sized kipper enough to make twelve sandwiches.

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SANDWICHES

CHEESE SANDWICH.

Cut some thin layers of Cheddar cheese and place between bread and butter, adding a sprinkling of pepper, salt and thin slices of tomato and chilli.

CHEESE SANDWICH No. 2.

Prepare as above recipe adding thinly sliced pickled onion, chilli and cucumber.

CHEESE PASTE SANDWICH.

Hard boil for ten minutes some eggs, stand in cold water (to prevent them turning black round the yolk), shell, mash the yolks finely, add three parts of the whites finely chopped, pepper and salt to taste, a little beaten capsicum or chilli, a good lump of butter and some grated cheese. Average a teaspoonful to one egg. Beat well, spread beaten thin slices of bread and butter.

CHICKEN AND HAM SANDWICH.

Take the remains of roast or boiled chicken (latter best), remove all skin, gristle and bone and put through a mincer. Add a little cooked ham as well. Put into a basin, add some black pepper, little salt, squeeze of lime, a small pinch of mixed spice, a little mustard and some butter, beat well and put into pots, spread butter over.

CURRY SANDWICH.

Put a lump of butter into a basin. Add a little curry powder, squeeze of lime, pepper, salt, little beaten chilli, beat to a cream and spread between thin slices of bread.

EGG AND CUCUMBER SANDWICH.

Hard boil two eggs ten minutes, stand in water till cold. Shell, chop finely, add pepper, salt. Now get two small cucumbers, peel, slice and chop finely, add to egg. Mix well, spread between thin bread and butter, cut into triangular pieces.

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MUSTARD GREEN SANDWICH.

Don't pull up the mustard. Take a handful in left hand and sharply cut through close to roots. Wash in several waters, put into a clean dry cloth and shake well. Break with the fingers and put between thin bread and butter. Sprinkle over pepper and salt.

Mustard seed may be bought all the year round at the Kling shops. Three cents worth enough to cover a milk box. Put a little earth at the bottom, damp well, sprinkle seed over and finely scatter over a little earth. Stand in cool place or better still where it is damp. Will be ready about eight days time. I find it really grows best without putting earth on top.

RASPBERRY AND BANANA SANDWICH.

Carefully skin some bananas, rub through a collander into a basin, add a little undiluted milk, spread on thin bread and butter and put a little raspberry jam over and place another piece of bread and butter on top.

SALT BEEF SANDWICH.

For making a big quantity of sandwiches for supper or picnic, salt beef is excellent. Get a nice piece about three lbs. fat and lean, put into cold water and gently simmer till done, about an hour and ten minutes. Lay on a dish and pour a little liquor over. When cold, carve thinly and put between thin bread and butter. Add mustard and sliced pickled gherkins.

SARDINE SANDWICH.

Remove sardines from the tin, tail them, halve, lay between thin bread and butter, add some finely minced olives, some pepper, very thingly sliced tomatoes, first sprinkled with a little vinegar.

TONGUE SANDWICH.

Cut the tongue in thin slices, lay between bread and butter. If salt tongue, add mustard and pepper. If smoked or fresh, a little salt, mustard and pepper. Then add a little mustard green, minced ham or thin layer of sausage.

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WATERCRESS SANDWICH.

Pick the watercress, stand in cold water till required, then shake well in a dry clean cloth, break into small pieces, put between bread and butter, add salt. Press tightly and cut neatly.

SAUCES, PICKLES & PRESERVES.

ANCHOVY SAUCE.

Make some good white sauce, when cooked add three beaten anchovies, little black pepper, squeeze of lime and a little cayenne or beaten capsicum.

Good for fish.

APPLE SAUCE.

Pare and slice an apple, put into an enamel basin, add a teaspoonful of sugar, two of water, some lime peel, stand over a slow fire or put in oven, when soft beat.

Good for goose, duck and pork.

APRICOT SAUCE.

Two tablespoonfuls of apricot jam, same of hot water, two drops of almond flavouring, half teaspoonful sugar, rub through a hair sieve.

Good for boiled pudding or as a substitute for apple sauce, omitting the almond flavouring and adding a squeeze of lime, less water.

BRANDY SAUCE.

Put half a teaspoonful of flour into a basin, add a heaped teaspoonful of sugar, half a tumblerful of milk and carefully mix, bring to boil, simmer few seconds, lift and add a dessertspoonful of brandy or if preferred sherry.

Good for boiled puddings.

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BREAD SAUCE.

Cut half a loaf of bread into slices, remove crust, put into an enamel bowl, peel an onion, stick three cloves round and put in centre of bread, covered. Add pepper and salt and just enough milk to cover, put a saucer over and stand in warm oven. When done, remove onion and beat well.

Suitable for all kinds of poultry and game.

CAPER SAUCE.

Put a teaspoonful of butter into an enamel bowl, when melted, add slowly barely half a teaspoonful of flour, add pepper, salt and half a tumblerful of milk. When boiled add a teaspoonful of capers finely chopped with a silver knife and a dash of tarragon vinegar.

Good with fish or boiled mutton.

CHEESE SAUCE.

Prepare as for caper sauce adding a full half teaspoonful of flour and a little cayenne or finely chopped chilli, a heaped teaspoonful of grated Cheddar cheese. Simmer for a few minutes.

Excellent for boiled fish.

CHILLI SAUCE.

Six cents worth of ripe chillies pulped on a curry stone, add a squeeze of lime, a half teaspoonful salt and a tablespoonful of vinegar and water. Shake well in a bottle and cork. Excellent with cold meat or fish, a little milk may be added (undiluted) but it will not keep so well.

CHUTNEY SAUCE.

One apple, three ripe tomatoes, half teaspoonful salt, three tablespoonfuls of brown sugar, two heaped dessert-spoonfuls of raisins, juice of a large lime, three tea-spoonfuls of mustard seed, one teaspoonful of dry ground ginger, half teaspoonful each ground garlic, capsicum and chillies, four small green mangoes sliced, three teacupfuls of vinegar. Peel and slice the apple, cut up

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the tomatoes, put into an earthenware or enamel bowl, add the salt, sugar, the chopped raisins, lime juice, pound the mustard seed, ginger, garlic, capsicum and add to, then pour over the vinegar. If liked sweeter, add more sugar. Simmer gently for two hours. Stand till next day then simmer again, put into small bottles and screw down.

Useful for cold meat, devil. Will keep a long time.

COCOANUT SAUCE.

Put a heaped teaspoonful of butter into an enamel bowl and when warm add half a teaspoonful of flour slowly, three parts of a tumbler of milk and a teaspoonful of sugar. When thickened, add a teaspoonful of grated cocoanut, simmer gently for five minutes.

Good for baked custard or boiled puddings.

COLD GAME SAUCE.

Pour the gravy from the roast over a puddingspoonful of browned and rolled breadcrumbs, add a teaspoonful of port wine or sherry, a teaspoonful orange juice (failing that a good squeeze of lime and pinch of sugar), five drops from the "Bite Bottle" and a good dash of cayenne pepper or quarter of a beaten chilli. If not served with red current jelly add a teaspoonful of chutney or apricot jam to sauce and stir well, and a saltspoonful of vinegar.

CUCUMBER SAUCE.

Take a small cucumber, peel, put into salted boiling water, boil till tender, divide, remove seeds and rub through a collander or hair sieve, add pepper, small piece of butter, put saltspoonful of flour in a basin, mix with a tablespoonful of undiluted milk. When thickened, put in the cucumber, boil and serve. Good for fish or boiled fowl.

CURRY SAUCE.

Take four curry onions, peel and slice thinly and fry in a little hot butter till browned. Put into an enamel bowl, add a pinch of pepper and salt, little chopped chilli, quarter of a teaspoonful sweet chutney or apricot

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jam, good squeeze of lime, a level teaspoonful curry powder and half a tumblerful of milk or cocoanut milk, quarter of a teaspoonful of flour. Mix carefully and bring to boil.

Serve with boiled fish.

EGG SAUCE.

Hard boil an egg ten minutes, put small half a teaspoonful of flour into an enamel basin, little butter, half a tumblerful milk and mix well, bring to boil, add salt, little black pepper and the hard boiled egg shelled and chopped fairly fine.

Good for boiled fish or fowl.

EXCELLENTO SAUCE.

Melt a heaped tablespoonful of butter in a sauceboat, standing it in a dish of hot water. Add a saltspoonful of cayenne pepper or a quarter of a chilli beaten, little salt, juice of lime. Excellent with fried fish.

FISH SAUCE COLD.

Take a heaped teaspoonful of flour, add gradually, two tablespoonfuls of undiluted milk, then a small teaspoonful of butter, pinch of cayenne or two thin slices of capsicum ground, squeeze of lime, then when thickened add a tumblerful of the liquor from steamed fish, stir well and boil again. If you have a little cream at hand add a heaped teaspoonful and then put in a heaped teaspoonful of anchovy sauce, stir thoroughly, and stand till cold. Ice, serve with hot or cold fish.

MAITRE D'HOTEL SAUCE.

Tie some pieces of parsley and steep in boiling water, press, mince finely, add a puddingspoonful cold butter, pepper, salt, little lime juice. Mix well with a knife on a plate. Ice.

Serve with fried fish or grilled steak.

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MINT SAUCE.

Pick a handful of mint, wash well, take off the leaves and finely chop, put a full teaspoonful of sugar in a sauce tureen, add a puddingspoonful of vinegar, put in the mint and stir.

Should be made an hour before required.

PARSLEY AND BUTTER SAUCE.

Put half a teaspoonful of flour into an enamel basin and mix with half a tumblerful of cold water, add a good pinch of salt, little pepper, some finely chopped parsley. This is the proper parsley sauce. Can be made with milk instead of water. It makes it richer and improves the appearance of the sauce.

Good with fish, boiled fowl or boiled mutton.

PRESERVE SAUCE.

Put the yolk of an egg into an enamel saucepan and beat well, add a heaped teaspoonful of sugar, one tablespoonful of fruit syrup or preserved ginger and syrup according to the kind of pudding it is required for. Stir till thickened.

SHERRY SAUCE.

Beat the yolks of two eggs and put in a buttered pan, add a teaspoonful of sugar, stand in a tin of hot water over a slow fire and beat till thickened, then add a small wineglassful of sherry.

SHRIMP SAUCE.

Get five cents worth of shrimps (a large handful), put into an enamel bowl, cover with cold water and boil ten minutes, drain and pick thoroughly. Add to some white sauce and reheat, if shrimps fresh water, put in half teaspoonful of anchovy sauce.

SWEET SAUCE.

Half a teaspoonful of corn flour, a heaped teaspoonful of sugar, small dab of butter, three parts of a tumbler of milk, stir well and bring to boil. Then simmer for

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five minutes more over a slow fire. Keep a cloth over the hand whilst stirring as both corn flour and ground rice when boiling frequently spurt up.

WHITE SAUCE.

Put a heaped teaspoonful of butter into an enamel basin and when warm, lift and gradually mix half a teaspoonful of flour, adding half a tumblerful of milk, pinch of salt, dash of pepper. Bring to boil slowly stirring all the time, simmer a few seconds after boiling to cook the flour.

This is the foundation of most sauces and either used plain or other ingredients added.

SALAD DRESSING WITHOUT OIL.

Take the yolks of two hard boiled eggs. Put into a basin and beat with a round enamel soup ladle (unless you have a pestle-and mortar), then add a small teaspoonful of mustard, same of castor sugar, half a teaspoonful salt, quarter of a teaspoonful pepper, then put in a small tin of whipped cream or failing that use two puddingspoonfuls of undiluted milk putting it in slowly and beating well. When perfectly smooth, add very carefully a tablespoonful and half or little more of vinegar. If mayonnaise to be used for fish one ground clove of garlic is an improvement. Use the egg whites for salad.

BROWNING FOR GRAVIES, ETC.

Take an old metal spoon, fill it with coarse brown sugar and put it right into a clear fire. When well *alight* and very brown, dip it into a pint of cold water already standing in a basin. Repeat. When water sufficiently coloured very dark pour into a bottle and cork, adding a little salt.

"BITE BOTTLE."

Get a cent worth of bird's eye chillies (small handful), remove stalks and put into a clean towel and gently rub, don't crush. Turn them into a small bottle (a screw topped scent bottle is excellent), add a teaspoonful of vinegar and fill up with sherry. Shake well.

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This should be placed on table with the cruet. A few spots improve any brown soup, also various dishes; grilled sardines, steak, etc. The bottle may be refilled with sherry but it is really best to get fresh chillies, as if refilled only is apt to acquire a stale flavour in spite of some people thinking otherwise.

TOMATO MAYONNAISE.

Hard boil two eggs ten minutes, put into water, and when cold remove shells. Put yolks into basin, the whites back into cold water, beat the yolks finely, add a small teaspoonful of butter, a pinch of sugar, saltspoonful of salt, some pepper. Roll on curry stone, one small onion, two cloves of garlic and add enough undiluted milk to make into a cream fairly thick. Now put in a puddingspoonful of tomato sauce, a saltspoonful of vinegar, stir for some minutes. Ice. Pour over cold fish and decorate with salad and egg whites.

Enough for four persons.

CHUTNEY No. 1.

Two apples, four puddingspoonfuls raisins, six puddingspoonfuls of brown sugar, two teacupfuls of vinegar, juice of two limes, half a teaspoonful salt, eight teaspoonfuls mustard seed, two teaspoonfuls of ground dry ginger, one teaspoonful each of garlic, capsicum, ripe chillies.

Peel and core the apples, slice thinly, put into an enamel basin. Now take the ginger, garlic, chilli, capsicum and raisins and roll finely on a curry stone and add to the apples. Put the mustard seed in a tin and make quite hot over a slow fire and add (first rubbing in a dry cloth), then put in the salt, sugar, lime juice. Boil the vinegar and add also. Place over a very slow fire, skim carefully. Boil for an hour slowly. Next day bring to boil again and then bottle. If too thick add a little more vinegar, boiling it first. If liked very sweet, add eight instead of six puddingspoonfuls of sugar, put into small bottles and cork tightly.

Enough for two small bottles.

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CHUTNEY No. 2.

Take some fresh young cucumbers (home grown), cut up (don't peel) then five small onions, three cloves of garlic, two ripe tomatoes, two cloves, quarter of a teaspoonful of salt, a little grated nutmeg, one piece dry ginger size of a nutmeg, eight red chillies, four teaspoonfuls brown sugar, two teaspoonfuls of black pepper, four teaspoonfuls of mustard seed, six teaspoonfuls of raisins, pinch of mixed spice, a teacupful and half of vinegar.

Take three handfuls of the cut up cucumber, salt, nutmeg, sugar, and spice, put into an enamel bowl, add the thinly sliced tomatoes. Roll the other ingredients finely on a curry stone, then add the vinegar (already boiled), simmer gently. Bring to boil again next day and put into small bottles or jars; fasten down.

This only makes a small quantity.

PICKLED CUCUMBER.

Get six small cucumbers (homegrown), don't peel, halve and quarter them, remove seeds, sprinkle with salt and spread on a large dish and put in the sun for three hours, then drain. Put into an enamel basin, add eight chillies previously stalked and rubbed in a dry cloth and halved. Take one large onion, add two cloves of garlic and finely roll on a curry stone and add one dozen each of white and black peppers (two cents worth), a heaped teaspoonful of good Malay curry powder and enough vinegar to cover (boiling first). Simmer gently for half an hour, then add a teaspoonful of cocoanut oil, put into a bottle and fasten down. Ready in a week. This only makes a small quantity.

PICKLED ONIONS.

Take one-and-a-half catties of small red onions (curry onions), skin them, lay on a large dish and well sprinkle with salt, put in the sun for three hours, adding eight red chillies, stalked and rubbed in a dry cloth and halved. Now take a handful of mustard seed (three cents worth), a tablespoonful each of black and white

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whole peppers (cost six cents), two pieces of dry ginger (two cents), put into a tin and dry well in oven. Beat the ginger a little. Now take the onion up with a perforated slice, put some in a small bottle, add a few chillies and mixed ingredients, then more onions till bottles filled, then well cover with good malt vinegar, boiling it first. When cold cork down, cover well to keep air tight.

Ready in ten days.

Don't put into one big bottle. Small ones always best. Vinegar may be used again for more onions.

SWEET TOMATO PICKLE.

Eight puddingspoonfuls of sliced green tomatoes (wipe tomatoes first with a dry cloth), one large sliced onion, half a puddingspoonful of dried mustard seed, one small piece crushed dry ginger, a pinch of allspice, three cloves, pinch of black pepper, three-and-a-half puddingspoonfuls of brown sugar, two cloves of crushed garlic, one teacupful of vinegar. Put into an enamel bowl and simmer gently till tender. If too thick add a little more vinegar. Stand till next day, then bring to boil again and bottle.

DESSERT GINGER.

Get two catties of fresh ginger from the market, choose nice pieces free from marks. Wash well in water, then carefully scrape, putting the pieces into a large vessel of cold water as finished. When all done, drain and rinse well in cold water, beat a little, then cut the ginger up in pieces slanting and straight, put into large enamel pan and well cover with water. Stand twenty-four hours. Next day, strain, cover again with cold water, stand over a moderate fire and bring to boil. Strain, and again cover with cold water and boil. Repeat this six times, allowing it to boil in the last water half an hour. Pour all into a collander, then pour plenty of cold water over, drain well, put back to saucepan, adding two catties of brown sugar. Stand over a slow fire and slowly simmer, stirring frequently three-quarters of an hour. Don't cover. Next day boil up again for twenty minutes, then put into small bottles and screw

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down. When filling bottles, hold in left hand and put the preserve in with a soup ladle. You very seldom get a cracked bottle this way. See they are perfectly dry, if any doubtful, put in warm oven with door open. The ginger must be skimmed carefully after sugar added. When ready for bottling should be clear and no froth of any kind on top. Average cost of ginger ten cents a kati. Brown sugar twenty-eight cents a kati.

Ready for use almost at once. but improved by keeping.

DESSERT PEARS.

Get a kati of Chinese pears (hard pears with pale yellow skins); see they are not defective. Peel thinly, divide in two, leaving the stalk on one half, don't remove core this adds to the flavour, put them into a casserole with a puddingspoonful of cold water, a heaped one of sugar, stand over a slow fire, cover and leave for half an hour, turning occasionally. Then lift the pears out, throw liquor away, drain well, put pears back into casserole, add a kati of white sugar and place over the slow fire again, don't cover. When sugar thoroughly dissolved add half a teaspoonful of vanilla essence and a few drops of cochineal colouring enough to make the syrup a medium pink colour, gently simmer till pears done. Test with a clean skewer, fruit should be firm but not hard, don't wait till fruit starts to shrink. Put into a wide necked jar and cover tightly. If preferred may be cut into quarters. Ready for use at once.

Average cost of pears sixty cents to one dollar per kati, about four pears to a kati. May be purchased in the market during most part of the year.

DESSERT PINEAPPLE.

Get a large juicy pineapple just ripe and not a bit overripe, peel, stand in a deep dish and cut into fairly thick rounds about an inch thick. Cut into good sized sections, removing the centre hard piece, place in a stewing jar or enamel pan, adding the juice and the same quantity of white sugar. (This is best gauged by filling a basin of pineapple and one same size of sugar). Simmer very gently, removing any scum that may rise.

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When fruit tender, but not soft, and syrup clear, lift end carefully, put into bottles, take fruit out with a perforated ladle, put into small bottles then add the syrup. Cover when cold. Ready for use at once.

PUMPKIN PRESERVE.

Take two katties of large ripe pumpkin. Peel, scrape out the seeds and pulp and cut into squares about the size of loaf sugar knobs. Lay on a large dish and well sprinkle with white sugar. Leave for twenty-four hours then drain. Put the fruit into a good enamel pan, add two katties of white sugar. Place over a slow fire, adding a chilli cut into small pieces and a piece of dry ginger about the size of a nutmeg slightly crushed, tie them in a piece of fine muslin. Simmer very gently removing any scum that rises. Test if done, by lifting a piece standing on a cold plate, the vegetable will be tender and the syrup clear. Put into small bottles, fasten down whilst hot.

Don't cut pumpkin into smaller pieces as it shrinks considerably in cooking.

Average cost of pumpkin six to twelve cents a kati.

FORCEMEATS.

DUCK STUFFING.

Peel and mince finely one large onion, add a small handful of freshly grated breadcrumbs, little pepper and salt, quarter of a teaspoonful of dried sage, failing that, mixed herbs and one small beaten egg.

FOWL STUFFING.

Small handful freshly grated breadcrumbs, a little finely chopped parsley, pinch salt and pepper, grated rind of a small lime, a beaten egg. If more flavouring required in stuffing, add a pinch of thyme.

CAPON.

Some ingredients as for fowl, only trebling the quantity, adding one large egg.

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GOOSE STUFFING.

One breakfastcupful of freshly grated breadcrumbs, one teaspoonful of sage, two large finely chopped onions, little salt and black pepper, one large egg.

TURKEY STUFFING.

Half pound pork sausages or sausage meat, a breakfastcupful of freshly grated breadcrumbs, a good half teaspoonful of thyme or mixed herbs, one large beaten egg. Chestnuts may be used, but the Malay chestnuts are very small and dry. If sausages to be served with turkey use ordinary fowl stuffing.

PUDDINGS.

ANGELS FOOD.

Take some sweet oranges, peel and scrape off as much of the white as possible, slice thinly, rejecting the pips, lay in a glass dish, sprinkle over a little castor sugar and a little grated cocoanut. Repeat till dish is full, finishing with cocoanut. Then take a few oranges, prepare and cut up small and put through a potato squeezer and squeeze the juice over the cocoanut. Make an hour before required and ice. A few halved preserved cherries may be added.

APPLE PUDDING.

Peel thinly two apples, cut into small pieces, grease a breakfast cup and line with suet or dripping crust, put the apples in, add some thin rinds of a lime, a puddingspoonful of sugar, same of cold water, put a fairly thick crust over, well pressing down at edges. Flour a piece of cloth and tie over securely, putting string round cup, then once through handle if cloth large enough, tie over the top or better still pin underneath cup, plunge into boiling water seeing that the cup remains upright. When done remove cloth, slip a knife round pudding close to edges of cup and turn out. Serve with butter or a little boiled custard.

Time two hours. Enough for two persons.

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APPLE TART.

Peel thinly four large apples, cut up and put into an enamel piedish, adding half a tumbler of cold water, a tablespoonful of sugar, some thin pieces of rind of lime; also add the cores these help to flavour. Cover and gently cook in oven till just done. Remove cores, place an egg cup in centre and cover with good short crust. Brush over with beaten white of egg and sift a little sugar over. Serve with custard or cream. Decorate tart with little strips of twisted pastry or small rounds stamped out with a liquer glass and fluted at the edges.

Enough for three or four persons.

APPLE CHARLOTTE.

Well butter a basin or china mould, sprinkle with sugar (brown best) and line it carefully with thin slices of bread and butter. Then fill the mould with peeled and sliced apples, add sugar and lime, same proportion as for apple tart, also water, put some bread and butter on top, sprinkle over sugar. Place a buttered paper over and bake slowly in oven. When done, stand a minute, then turn out and serve with hot custard. Best eaten hot.

Apples in market from ten to eighteen cents each.

APRICOT SPONGE.

Soak eighteen to twenty strands of Agar Agar jelly in cold water enough to well cover. Open a tin of apricots and put into an enamel bowl, adding a heaped tablespoonful of sugar. Place over a slow fire and simmer (keep back two halves). When soft, rub through a hair sieve into a large basin, add dissolved jelly to the pulp and beat well. When quite cool beat well again and add the whisked white of two eggs. Pour into a wetted mould, first placing the two halves at the bottom. Stand, when cold ice. Take the beaten yolks of the eggs, add two teaspoonfuls of sugar, three parts of a tumbler of slightly diluted milk. Put into an enamel basin, stand in a tin of hot water over a slow fire and stir till thickened only, add five drops of almond essence Ice. When mould is turned out, pour round.

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APRICOT TART.

Grease a deep piedish and line with good short crust, then roll out a long strip of pastry and stamp out a dozen rounds with a wine glass, fluting the edges with the handle of a fork. Put these on to a floured tin and bake quickly, place some crusts of stale bread in the piedish to prevent crust bubbling and bake also. Now open a tin of apricots, putting all the fruit and three parts of the juice into an enamel basin, add a puddingspoonful of sugar and gently simmer, taking care not to break fruit (about fifteen minutes altogether). When pastry done, remove the crusts from pie and when both cool, carefully put the fruit in. Now put a level puddingspoonful of corn flour into an enamel bowl, add a beaten egg, mix well, then add two breakfastcupfuls of milk and a heaped teaspoonful of sugar; stand over a slow fire and thicken. Must boil five minutes or longer until the cornflour when moved with a spoon leaves the bottom of the bowl clean, add three drops of almond essence and stir occasionally. When cold, pour over the fruit and place the rounds of pastry overlapping each other on top. If you have a few blanched almonds to hand roll on a curry stone or chop finely and scatter over the top.

Stand on ice.

BALLOONS.

Put a breakfastcupful of boiling water into an enamel bowl, add one tablespoonful of butter; when dissolved slowly add a tablespoonful of flour, beating the whole time. Cook till quite smooth. Lift, add three eggs, dropping each in separately and beating a few seconds after adding each one. Put on one side till cold. Beat well again. Have ready a frying pan full of boiling dripping, drop the mixture in a puddingspoonful at a time, don't overcrowd, drain on soft paper, pile on a dish and serve with sugar, jam or preserved fruit.

BATTER PUDDING.

Take a heaped teaspoonful of flour, add a beaten egg, stir well, then slowly add four tablespoonfuls of milk, beat several minutes, pour into a buttered basin.

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allowing room for it to rise, put a buttered paper on top and place in a steamer or stand in saucepan with a little boiling water at bottom. When done turn on to a hot dish, serve with butter and sugar or apricot or preserve sauce. This pudding spoils if standing too long after being turned out.

Time half an hour till set. Enough for two persons.

BEIGLETS.

Six level tablespoonfuls of flour, one tablespoonful of sugar, two eggs, two dessertspoonfuls of butter, half a teaspoonful of baking powder, a puddingspoonful of milk, a tablespoonful of brandy. Beat sugar and butter to a cream. Sift, flour and add slowly, beating all the time with a wooden spoon, then add the beaten egg, some brandy and last of all baking powder. Take large teaspoonfuls and drop into boiling fat, drain, pile on a hot dish and serve with apricot sauce.

BOTTLED FRUIT PUDDING.

Make the full quantity of suet crust as directed, butter a good sized basin, line it, open a bottle of any kind of fruit, put a collander over a basin and turn the fruit into this, then lift and put into basin, adding half the juice and some sugar according to the kind of fruit, put a good crust cover on. Well flour a large cloth and tie over, bring the ends of the cloth together and pin over the top loosely, plunge into a large pot of boiling water, cook for two hours. When done remove cloth, run a knife round the basin and turn out on to a hot dish. Serve with cream or boiled custard and the remainder of the juice made hot with sugar added in a tureen. Keep plenty of boiling water ready to refill saucepan. Pour in gently at the side.

BREAD AND BUTTER PUDDING.

Beat two eggs in a piedish, add enough milk to fill and a puddingspoonful of sugar and four thin slices of bread and butter overlapping each other on top. Well sprinkle with sugar, add a puddingspoonful of cleaned raisins sprinkled over and a good grating of nutmeg. Bake in a slow oven. Piedish six by four-and-half, enough for three or four persons.

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BREAD PUDDING No. 1.

Take some pieces of stale bread and soak them in water. Squeeze well, then beat with a large fork. To every two teacupfuls, add a tablespoonful of sugar, quarter of a teaspoonful of mixed spice, some grated nutmeg, a puddingspoonful of dripping, the same of halved raisins, a little chopped peel if at hand, one beaten egg. Rub the dripping lightly into the bread, add ingredients and beaten egg. Put into a well greased tin in hot oven till very browned.

Enough for two persons.

BREAD PUDDING No. 2.

Same ingredients as above, adding half a pint of milk and putting into a buttered piedish in moderate oven. Enough for three or four persons.

BREAD PUDDING No. 3.

Soak some stale bread in water. Squeeze, put into a basin and beat with a fork. Measure two breakfast-cupfuls. After beating, add a puddingspoonful each of currants and raisins (Xmas raisins best stoned and halved) and dripping, rub this into the bread lightly, a tablespoonful of sugar (level), pinch of mixed spice, good grate of nutmeg, one beaten egg; beat well together. Turn into an enamel bowl, allow room for it to rise, cover with a greased paper and steam one-and-a-half hours. Turn and serve with sweet or brandy sauce.

COCOANUT PUDDING.

Take half teacupful of grated breadcrumbs and the same of grated cocoanut, a puddingspoonful of butter, two heaped teaspoonfuls of sugar, a tumblerful of milk, one beaten egg. Put into a buttered piedish and bake for an hour. Serve cold with raspberry jam spread over.

CORNFLOUR SHAPE No. 1.

Put one-and-a-half heaped teaspoonfuls of cornflour into an enamel saucepan and add a beaten egg, stirring carefully, one-and-a-half tumblers of milk, one pudding-spoonful of sugar. Put over a slow fire and stir all the

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time, after it thickens cook for another five minutes till the mixture clears the saucepan, lift, and flavour with almond or vanilla essence, or strawberry and raspberry. If the latter flavourings add a little cochineal, stirring well till the right colour is attained, beat again, pour into a wetted mould and when cold ice, turn out and serve with sweet sauce or just plain. Brown and Polson's cornflour best.

CORNFLOUR SHAPE No. 2.

Same ingredients as above. When cooked, put three heaped teaspoonfuls of raspberry jam into a cup, add two tablespoonfuls of boiling water and beat well, strain through a hair sieve into the cornflour, rubbing through as much pulp as possible, colour with a little cochineal, stir thoroughly, pour into wetted mould. Ice.

CREAM OF GINGER.

Take some preserved ginger, cut into small pieces, and place at the bottom of a glass dish. Now take twenty-two strands of Agar Agar jelly, put into a basin, well cover with water and stand over a very slow fire. When dissolved thoroughly, add a pint of hot milk and a teaspoonful of sugar, beat well, lift and add three tablespoonfuls of syrup of ginger, strain into a basin and when cool pour over the ginger. Cool and ice.

CUSTARD BAKED.

Beat two eggs, add one-and-a-half tumblerfuls of milk, two heaped teaspoonfuls of sugar, pour into a buttered piedish. May be flavoured with a little vanilla flavouring or grated nutmeg best. Stand in a shallow tin of cold water and cook in a slow oven till set. Must cook slowly or it will curdle.

Enough for two or three persons.

CUSTARD BOILED.

Same quantity as above, if wanted richer, add another egg, stand in an enamel basin in a tin of hot water over a slow fire, stir till just thickened, quickly lift, beat well, pour into a sauce boat and add whatever flavoury required. Stir occasionally.

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CUSTARD IN RAMAKINS.

Same ingredients as for baked custard, pour into buttered ramakin cases and bake. Then take ten strands of Agar Agar jelly, dissolve in cold water and stand over a slow fire, adding enough water to dissolve well, then add two tablespoonfuls of raspberry jam, stir quickly, then strain through a fine muslin, put into a wetted basin, ice. When required, turn the cold custards out on to a glass dish, beat the jelly with a fork and arrange round the custards.

N. B.—Add a few drops of cochineal to colour jelly, also a heaped teaspoonful of sugar.

DUMPLINGS FOR SOUP.

Put two heaped tablespoonfuls of flour into a basin and with the tips of the fingers gently rub in a heaped teaspoonful of dripping, quarter of a teaspoonful of baking powder, pinch of salt and enough milk to make into a firm dough. Flour the hands and roll into little balls and drop into fast boiling water, one at a time. Cook very fast for twenty minutes lift, drain and add to soup.

FRITTERS, APRICOT.

Open a tin of fruit, turn into a collander and drain well. Meanwhile take eight tablespoonfuls of flour, two beaten eggs and sufficient milk to make as stiff batter, add a pinch of salt and beat well with a wooden spoon. Now cut the fruit into thick strips and add to the batter, stir well. Prepare a panful of boiling fat and drop pudding-spoonfuls of the mixture in. When browned, drain on paper and pile on a hot dish. Sprinkle sugar over and serve at once. Don't overcrowd the pan; make fat very hot again before adding a fresh batch. Keep the fritters hot in oven with the door open or stand a dish over a tin of boiling water. Never cover fritters or pancakes. It makes them heavy.

FRITTERS, APPLE.

Peel two large apples thinly, cut into thin slices and remove cores by pressing over each slice a tin lid about three-quarters of an inch across. Don't attempt with a

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knife, sure to break the slice. Have ready a batter previously made an hour beforehand of four tablespoonfuls of flour, one beaten egg, pinch of salt, a squeeze of lime and sufficient milk to make a stiff batter. When ready to cook the fritters, add half a teaspoonful of baking powder. Dip the apple rings in the batter with a skewer and fry in boiling hot fat, brown both sides, drain on paper and pile on a dish. Sprinkle over lime juice and plenty of sugar. Serve very hot.

FRITTERS, BANANA.

Same ingredients and directions as for Apricot Fritters.

FRITTERS, PINEAPPLE.

Some ingredients and directions as for Apricot Fritters, cutting the centre out of pineapple and peeling thickly to remove the eyes.

FRUIT TRIFLE.

Take a ripe juicy pineapple, peel thickly, cut into rounds, then small squares, removing hard centre. Put into a enamel bowl, add a heaped tablespoonful sugar, one of water, simmer gently till tender, lift, put a layer of fruit bottom of a glass dish, then a layer of stale plain cake and repeat till dish full, pour juice over and add whipped cream or boiled custard. Ice.

FRUIT SALAD.

Take six oranges. Peel, remove as much of the white as possible, cut four up into thin slices, again into quarters, rejecting the pips, put into a glass dish or fancy deep bowl. Now add two finely sliced bananas, four mangosteens divided into sections, little pieces of ripe soursop (Durian Blanda), thin slices of papyra, half a juicy pineapple cut into thin strips and half a tin of white grapes and all the juice. Put the remaining two oranges, chopped, through a squeezer, adding a little soursop, also pineapple and squeeze over the salad. Shake a little sugar over and if liked add some preserved cherries and a little finely sliced cucumber; the latter I think brings out all the fruit flavour. This quantity enough for six persons or more. Don't make till nearly wanted. Ice.

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FRUIT MOULD.

Take a bottle of preserved fruit, turn into a basin. Add more sugar and cook for twenty minutes. Now butter a basin, line it with bread free from crust, then put in a little fruit, a round of bread and continue till basin full, putting a large piece of bread on top, pour over juice and stand a weight on top. When cold, ice, turn out and pour cold custard over.

GOLDEN SYRUP PUDDING.

Six level tablespoonfuls of flour, six tablespoonfuls golden syrup, three puddingspoonfuls of suet or good dripping, two tablespoonfuls of milk, level teaspoonful of carbonate of soda, a pinch of grated dry ginger.

Add the suet or dripping to the flour, mixing well, a pinch of salt, then the carbonate of soda and mix, stir the syrup into the milk. Add the ginger and gradually pour over the flour beating well with a wooden spoon. Pour into a well buttered basin, put a greased paper over the top and steam for three hours. Turn out and serve with sweet sauce.

Enough for three or four persons.

GOLDEN SYRUP TART.

Grease an enamel plate and line with short crust, flute the edges, put some golden syrup in centre of plate and a heaped tablespoonful of freshly grated bread-crumbs. Put twisted strands of pastry over the top and bake in quick oven.

Best cold.

GULA MALACCA.

Well wash a small breakfastcupful of small sago. Well cover with cold water, put into an enamel basin and cook till clear, turn out into a wetted mould and cool. Prepare a cocoanut as for curry. Skim the cream and put into a sauceboat. Take a cake of "Gula Malacca," break and pour over about half a tumbler of boiling water, stir till dissolved, put into a sauceboat. Serve cold.

Enough for three or four persons.

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HASTY PUDDING.

Cut some slices of bread, medium thickness, remove crusts, halve them, dip into sweetened milk and quickly fry in hot butter. Spread raspberry jam between the slices and add a hot custard and serve.

GRAND PUDDING.

Four puddingspoonfuls of brown sugar, four puddingspoonfuls of butter, four tablespoonfuls of grated breadcrumbs, the grated rind and juice of a large lime, six peeled apples, little nutmeg, a tablespoonful of sherry, three eggs.

Put sugar, butter, breadcrumbs, lime and nutmeg into a basin, add the finely sliced apples. Add well beaten eggs, then brandy. Put into a buttered mould, place a buttered paper over and steam three hours. Turn out and serve with apricot sauce.

JAM ROLEY POLEY.

Take five handfuls of flour, sieve it, add two full puddingspoonfuls of dripping (free from any flavour), rub into flour with finger tips, add a pinch of salt, then gradually make into a dough using iced water. Turn out on a floured board, roll out about quarter of an inch thick in a long piece. Spread with jam, raspberry, blackberry or black currant best, damp the edges and roll carefully, pinch the ends, place in a floured cloth, tie the ends and pin centre in two places. Have ready a large pot of fast boiling water, slide in a saucer and plunge pudding in.

Boil two hours and turn out on hot dish.

Enough for two or three persons.

JELLY COCOANUT.

Take a large cocoanut and prepare as for curry. Then take fifteen to twenty average strands of Agar Agar jelly, put into an enamel bowl and when all the cream has been taken from the cocoanut milk and put into a basin, take a tumbler and half of the milk and pour over the jelly, standing it over a slow fire, adding a

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puddingspoonful of sugar. When dissolved add the cream, beat well, and strain through a fine muslin into a wetted mould.

Stand, and when cold, ice.

MIXED FRUIT JELLY.

Take fifteen to twenty average strands of Agar Agar jelly, put into an enamel bowl and dissolve in a pint of water, adding a puddingspoonful of sugar. When thoroughly dissolved, add some egg shells, crushed if at hand, this helps to clear it. Now get a wetted mould, strain a little jelly in, add a layer of chopped pineapple, oranges, bananas and mangosteen, then when cool, add more jelly and fruit and so on till mould full. Jelly may be coloured with a few drops of cochineal and flavoured with a little maraschino or lime juice.

ORANGE JELLY.

Take same quantity of jelly as for coconut jelly, add one-and-a-half tumblerfuls of cold water, stand over a slow fire till dissolved. Take five oranges. Roll well with a cloth, then peel them and remove all white. Cut up thinly, rejecting the pips, put into a basin and pound well, stand when jelly dissolved, add a level pudding-spoonful of sugar, unless oranges very sweet, then add less. Put the orange and juice through a potato strainer and squeeze out all the juice into the jelly, then strain into a wetted mould. Cool and ice.

PINEAPPLE JELLY.

Peel a ripe juicy pineapple thickly. Cut into thin slices, put an enamel bowl, prepare jelly as for cocoanut jelly, add a little less sugar. When jelly dissolved, put the pineapple through a squeezer and strain juice into jelly. Prepare a wet mould and pour jelly in, straining through a piece of muslin.

Cool, then ice.

JELLY WINE No. 1.

Take fifteen to twenty average strands of jelly, soak in water, stand over a slow fire in an enamel bowl. When jelly dissolved, add a heaped puddingspoonful of

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sugar, some egg shells crushed, a breakfast cupful of hot water, beat well, then add two wineglasses of port wine and half a wineglass of rum. Wet a mould, place a few halved cherries at the bottom, and pour in the jelly through a piece of muslin.

N.B.—Colour with a few drops of cochineal.

Cool, then ice.

JELLY WINE No. 2.

Take fifteen to twenty average strands of jelly, put into an enamel bowl, add a glass of cold water, heaped teaspoonful of sugar. When dissolved add three parts of a glass of the juice from a tin of grapes, a wine glass of port wine, half of sherry, stir well, add a few drops of cochineal and strain through muslin into a wetted mould, first putting a dozen grapes at bottom of mould.

Cool, then ice.

JUNKET.

Take a small teaspoonful of essence of rennet from a bottle, put into a piedish, add a pint of warm milk slightly sweetened and a teaspoonful of brandy. Sift a little sugar over and grated nutmeg. Stand in a cool place, then ice. Excellent with stewed fruit. When ready to serve, lift a little piece out of one end with a spoon, drain off carefully the whey, put piece back. It is best to get a piece of rennet out from home. Can be bought at the butchers for a small sum. Keep it hung up in a dry place, cut little pieces off and soak in a tiny drop of water for a few hours, then use the water as described.

LEMON CREAM.

Take fifteen to twenty average strands of jelly, put into a basin, add a tumbler of cold water, stand over a slow fire. When dissolved, add two heaped teaspoonfuls of sugar and half a tumblerful of slightly diluted milk and water (make like thin cream), heat this and add to jelly, beat well, then put in quarter of a teaspoonful of lemon essence, stir again, pour through a muslin into a wetted mould, cool and ice.

This makes a small jelly. Enough for two persons.

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MACARONI PUDDING.

Throw two handfuls of macaroni into fast boiling water, cook for fifteen minutes, lift, drain through a collander. Break small with an enamel slice, put into a buttered piedish, add two beaten eggs and enough milk to well cover as macaroni will swell out a little, two tablespoonfuls of sugar. Put little pieces of butter on top and add grated nutmeg or cinamon. Bake in a slow oven till browned.

OMELETTE JAM.

Prepare eggs as for savoury omelette. Put a little butter in omelette pan, add white to yolks, stir. When butter warm, add, move frequently and when set, slide knife round edges. As soon as browned, lift, spread jam (apricot or raspberry best) on one side and fold over, put on a very hot plate and serve at once.

Enough for two persons.

OMELETTE RUM.

Cook a plain omelette. When browned, lay on a dish, fold over, well sprinkle with sugar, pour a pudding-spoonful of rum over and set alight. Serve at once.

OPEN JAM TART.

Cover an enamel plate with good short crust, put a few crusts of bread in centre and bake also eight thin strips of twisted pastry on a floured tin. When pastry done, remove bread, spread over centre some jam (red gooseberry, strawberry, raspberry or blackberry best) and put strips across in a pattern.

Best cold.

PANCAKES.

Take six level tablespoonfuls of flour, put into a basin, add pinch of salt and two beaten eggs gradually and enough milk to make into a batter like thick cream. Make an hour before wanted and beat occasionally with a wooden spoon. Put a little butter or dripping into an omelette pan, and when hot pour in a little batter beating it first, quickly move the pan so that batter runs round

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evenly and put over clear moderate fire, shake often and ease sides with a knife when browned on one side toss, if doubtful as to the result turn over quickly with two forks, when brown lift on to hot dish, sprinkle with sugar, squeeze of lime and roll, place on a hot dish over a pan of boiling water or in open oven. Never cover or they will be heavy. Serve with sugar and lime cut into quarters.

Enough to make a dozen pancakes.

PINEAPPLE SPONGE.

Take a juicy pineapple, peel thickly, chop finely, throwing out the hard centres, put into an enamel bowl with a small teacupful of sugar, same of water, simmer over a slow fire till soft. Put twelve strands of Agar Agar jelly in an enamel basin with a breakfastcupful of water and dissolve over a slow fire. When clear, strain into the pineapple through a muslin, heat up again and pour into a deep wet basin. When nearly cold add the whipped whites of four eggs. Beat well and pour into a wetted mould. Ice. Take the yolks of the eggs, beat, add a full tumbler of milk and heaped teaspoonful of sugar, put into an enamel bowl and stand in a tin of hot water over a slow fire till just thickened, stirring all the time, add the juice of a peeled and squeezed orange or if preferred, use whipped cream. Ice, turn sponge out and pour custard round.

PLAIN SUET PUDDING.

Take ten handfuls of flour, sift into a basin, then work in with tips of fingers, four heaped pudding-spoonfuls of good dripping, good pinch of salt, mix very carefully with ice cold water, keeping as dry as possible, so that the last few crumbs are difficult to gather in, put into a floured cloth, tie securely. Have ready a large pan of fast boiling water, put a saucer at the bottom and drop pudding in. See that the water is renewed from time to time with more boiling water. When done, lift carefully, turn out on to a very hot dish, serve with butter and sugar or jam, treacle. Time two hours. Enough for four persons. Excellent for cold meat tiffin.

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PLUM PUDDING No. 1.

Four tablespoonfuls of flour, one teaspoonful salt, one teaspoonful mixed spice, sixteen puddingspoonfuls each of brown sugar, halved and stoned raisins, sultanas, suet, currants, eight small puddingspoonfuls mixed chopped peel, six large fresh eggs, three wineglasses of brandy, grated rind of three limes and enough milk to make into fairly stiff mixture, a few chopped almonds may be added also. Stir for quite ten minutes. Put into three buttered basins, tie well floured cloths over. Have ready a large fish kettle, or something equally large of boiling water, plunge the puddings in and boil ten hours. Lift, and when required plunge into boiling water again and boil three hours. These should be made a week before Xmas. When done lift and stand on a dish till required in a cool dry place, one for Xmas, one for New Year and the odd one for Easter. If kept till then, remove cloth, which is bound to be mildewed unless put into an airtight tin. Take a layer of the pudding off the top, flour a cloth well and tie on again and boil as described for three hours. Serve with brandy sauce, or brandy poured over and lighted or whipped cream flavoured with vanilla.

This is an excellent recipe. Care must be taken in the making. The fruit must be washed, then dried in a clean cloth or rubbed in a dry cloth with a little flour.

I found the Easter pudding even better flavoured than the Xmas one, but had to remove a little mildew which had not affected the flavour of the rest of the pudding.

PLUM PUDDING No. 2.

Twelve puddingspoonfuls of raisins, four puddingspoonfuls currants, twelve puddingsponfuls chopped suet, six tablespoonfuls of breadcrumbs, four eggs, three tablespoonfuls brandy, two tablespoonfuls chopped almonds, half a teaspoonful mixed spice.

Stone and halve the raisins, removing seeds, first rubbing them in a dry cloth with flour, then the currents, removing all stalks. Blanche and chop the almonds, grate the breadcrumbs, stir all, adding spice and suet, then mix all well together with the beaten eggs, add

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brandy, beat for some minutes and stand for half an hour. Put into buttered basins or two large ones and tie a floured cloth over and plunge into a deep vessel or fish kettle of fast boiling water. Boil eight hours, lift. Best made a week beforehand. When required plunge into boiling water and cook an hour and a half again. Serve with sauce as for No. 1. An excellent way is to cut the cold pudding into slices, grease a frying pan or square tin, lay pudding in and either fry over a slow fire or put in oven till crisp.

PLUM PUDDING No. 3.

Eight puddingspoonfuls currants and raisins mixed, four of suet (chopped finely), one egg, two tablespoonfuls each of treacle and brown sugar. Put half a teaspoonful of carbonate of soda in half teacupful of warm milk, a teaspoonful of finely chopped peel. Put dry ingredients into a large basin, add treacle and beaten egg and milk and enough sifted flour to make into a stiff batter. Pour into a greased basin, cover with a floured cloth, plunge into boiling water and boil two to two-and-a-half hours. Serve with sweet or brandy sauce.

PRUNE SHAPE.

Get half a pound of prunes, put in a sieve and pour a jug of cold water over to clean them. Put into a stewing jar with barely enough water to cover. Lift when done, carefully remove the stones, then put the fruit at the bottom of a wide mould, wetting it first. Then make a good custard, adding four yolks of eggs well beaten to a tumblerful of milk, putting in four heaped teaspoonfuls of sugar, stand in a tin of warm water over a slow fire till set, stirring all the time; don't let it more than just thicken. Lift when quite cool, add the whipped whites to the yolks, beat well, pour in over the prunes, stand in a tin of water in a moderate oven for twenty minutes then take out. Cool, then ice.

QUEEN OF PUDDINGS No. 1.

Grate some fresh breadcrumbs to barely fill a small dish say six x four-and-a-half size. Add a heaped puddingspoonful of sugar, the grated rind of a large

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lime and yolks of two eggs beaten and enough milk to fill the dish, add a small lump of butter. Put in a slow oven till set and risen and the top of the pudding a pale yellow colour. Lift, stand till nearly cold, then add some raspberry jam, first putting it in a cup and adding a little warm water so that it spreads better. Whip the whites, adding a little sugar and when stiff pile up over the jam. Stand on a table, place brick each side, stand a tin of hot embers on to slightly brown the whites or if preferred put back into oven in a tin of water. I have always found the first process best. Cool, then ice.

QUEEN OF PUDDINGS No. 2.

Put a tumbler of milk into an enamel basin, stand over a slow fire till it simmers. Now take three tablespoonfuls of fresh breadcrumbs, a puddingspoonful of sugar, a little grated lime peel, a full puddingspoonful of butter and two of brandy, put into a basin and mix, then pour over the hot milk and cool a little. Now add two beaten yolks of eggs. Put some apricot or raspberry jam bottom of a piedish, line the sides and edges with short pastry and pour the mixture over and bake in a moderate oven about half an hour. Lift and add the whipped whites and brown as for pudding No. 1 or sift sugar over.

Best cold.

RICE PUDDING.

Take half a teacupful of rice, wash well, add two level puddingspoonfuls of sugar, a pint of milk, a lump of butter and some grated nutmeg. Put into a slow oven till cooked. A quicker way is to gently simmer the rice first, then bake. Or cook as for curry, then put into a buttered piedish and add the milk, sugar and flavouring. If liked a beaten egg may be added. Personally I think the pudding is not so nice with egg. If the stove is being used for other purposes first make the pudding and stand on the top to help swell the rice.

RICE PUDDING No. 2.

Boil some rice as for curry. When done, add sugar to sweeten and milk very slightly diluted add a few

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ground almonds. Put in buttered ramakins and stand till cold. Turn out and pour apricot sauce over or custard. Children like these, more attractive than the plain pudding.

SODA PUDDING.

Eight puddingspoonfuls of flour, eight puddingspoonfuls of currants and raisins mixed, four puddingspoonfuls of suet or good dripping, four puddingspoonfuls of brown sugar, one egg, half a teaspoonful of carbonate of soda, little milk. Well clean the fruit, add the flour, sugar, beaten egg and soda dissolved in a little milk. Beat well, then add enough milk to make it thoroughly moist. Pour into a deep greased tin, allow room for it to rise. Put a greased paper on top and steam for three hours. Serve with sweet sauce.

SPOTTED DOG.

Eight tablespoonfuls of flour, three puddingspoonfuls of suet or good dripping, a good pinch of salt, a tablespoonful of sugar, little grated nutmeg, two heaped puddingspoonfuls of washed and picked currants (if dripping used rub into flour with finger tips). Mix with ice cold water, put into a floured cloth, and plunge into a big saucepan of boiling water, first putting a saucer at the bottom. Cook two hours, see that there is always plenty of water, turn out and serve either with sugar or sweet sauce. Excellent the next day cut into slices, and put into a greased tin and made crisp over a fire.

SPOON PUDDING.

Two tablespoonfuls of flour, two tablespoonfuls of breadcrumbs, two puddingspoonfuls each suet, cocoanut, sugar, sultana, yolks of three eggs, two tablespoonfuls milk. Mix dry ingredients in a basin, then add the beaten yolks. Butter a basin and put little thin strips of orange and lemon peel round sides, pour in mixture, cover with a greased paper and steam one-and-a-half hours. Serve with apricot sauce.

STEAMED PUDDING.

Three tablespoonfuls flour, two teaspoonfuls of milk, one teaspoonful of baking powder, one egg, one-and-a-

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half puddingspoonfuls butter, one-and-a-half puddingspoonfuls sugar. Rub the butter into the flour, add the sugar, beaten egg, then the milk and baking powder. Butter a basin, put a puddingspoonful of raspberry jam at the bottom and pour mixture in. Cover with greased paper and steam an hour. Don't raise lid till finished. Turn out on to a hot dish and serve with a little sweet or sherry sauce.

Enough for three persons.

STEWED PEARS.

Get a kati of Chinese hard pears (see they are sound), peel thinly, cut into quarters and put into a stewing jar, add enough water to cover. A heaped tablespoonful of sugar, a few drops of cochineal to colour, half teaspoonful vanilla essence, cover and stew till tender. Turn into a glass dish and pour rich custard over.

TRIFLE.

Take eight feather buns (see recipe), halve, spread one half with raspberry jam and cover, place in a glass dish. Pour over a tablespoonful of hot sweetened milk and two tablespoonfuls of sherry. Make a custard of two eggs, a glass of milk, heaped teaspoonful of sugar, little vanilla essence. When thickened pour over, add some chopped almonds on top. Ice.

YORKSHIRE PUDDING No. 1.

Put a heaped puddingspoonful of flour into a basin, add one egg, pinch of salt and beat well, then put in half a teacupful of milk, beat well with a wooden spoon. Take a piedish six by four-and-a-half, put two puddingspoonfuls of dripping in, when hot, add the batter. Batter should always be made an hour beforehand.

Time about twenty-five minutes. Enough for three persons.

YORKSHIRE PUDDING No. 2.

Same ingredients as above, adding a teaspoonful of sugar, a puddingspoonful of picked and cleaned raisins pour into hot fat and cook in hot oven.

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VANILLA CREAM.

Take eighteen to twenty average strands of Agar Agar jelly, add a tumbler of cold water and stand over a slow fire to dissolve. When clear add two heaped teaspoonfuls of sugar, half a cupful of hot milk and a good half teaspoonful of vanilla essence, pour into a wetted mould through a fine muslin. Ice. Serve with stewed fruit, apricot sauce or just plain.

CAKES.

ALMOND CAKES.

Four puddingspoonfuls butter, four puddingspoonfuls sugar, two puddingspoonfuls crushed almonds, two eggs, half a teaspoonful milk, half a teaspoonful baking powder. Beat butter and sugar to a cream, then add flour gradually and the crushed almonds (already blanched and rolled on a curry stone). Now put in the beaten eggs and milk, lastly the baking powder. Add four drops of almond flavouring and stir well. Butter some patty pans and half fill with mixture; bake in a moderate oven.

BANANA AND RASPBERRY LAYER FOR CAKES.

Take some ripe bananas "Pisang Rastali" best, peel and mash through a hair sieve, add a little butter and sugar, put a thin layer of this over a sponge cake, then spread raspberry jam, then another layer of banana and then the other half of sponge cake on top.

CHEESE CAKE.

Well beat two eggs. Now put a tumbler of milk into an enamel bowl and bring to boil. As soon as it boils fast pour in the eggs. Stand, then slowly pour through a hair sieve letting the whey drain off. Take the curd, add one-and-a-half puddingspoonfuls of castor sugar, pinch of salt, one puddingspoonful of washed and dried currants, one-and-a-half puddingspoonfuls of butter, grated rind of a small lime, half a teaspoonful of brandy, a teaspoonful of milk undiluted. Grease some patty

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pans, line with short crust, half fill with mixture and bake in moderate oven.

CHERRY CAKE.

Seven level puddingspoonfuls of butter, two puddingspoonfuls of sultanas, seven puddingspoonfuls of sugar, two puddingspoonfuls of cherries, one puddingspoonful of chopped peel, twelve puddingspoonfuls of flour, five eggs, one teaspoonful of baking powder.

Beat butter and sugar to a cream, then add the eggs, one at a time, beating in each one for five minutes. (If eggs small use six.) With the last egg add one tablespoonful flour, then slowly add the rest just stirring in and not beating again. Add other ingredients and stir, halve the cherries. Put into a buttered tin, bake in a moderate oven for about two hours. Test with a skewer, if it comes out clean, cake is done. Turn out on to a sieve.

CORNFLOUR CAKE No. 1.

Three puddingspoonfuls each of butter and castor sugar, four of cornflour. Beat well to a cream, add two well beaten eggs and grated rind of a small lime. Slowly beat in the cornflour, put a little into buttered patty pans or make one large cake. Cook in quick oven.

CORNFLOUR CAKES No. 2.

Two puddingspoonfuls of cornflour, one puddingspoonful of sugar, one puddingspoonful of butter, one egg, one teaspoonful of flour, half a teaspoonful baking powder.

Beat butter and sugar to a cream, add a little flour and cornflour, beating all the time with a wooden spoon till finished, then add the egg. Beat again and put in baking powder and a little vanilla essence. Half fill some floured patty pans, place half a cherry in each and bake in quick oven. Don't open oven door for five minutes. Test with a skewer.

FEATHER BUNS No. 1.

Four puddingspoonfuls of butter, four puddingspoonfuls of sugar, four tablespoonfuls of flour, two eggs, half a teaspoonful of baking powder.

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Beat butter and sugar to a cream, then add the beaten eggs, then slowly sift in the flour, beating all the time, then add baking powder and if liked half a teaspoonful of brandy, put into buttered patty pans, half filling them ; bake in a moderate oven about fifteen minutes.

FEATHER BUNS No. 2.

Same ingredients as above, adding a few drops of cochineal to colour. When done, dip into apricot jam and then cover with freshly grated cocoanut.

FRUIT CAKE.

Eight tablespoonfuls of flour, six puddingspoonfuls each of currants, sultanas, sugar and butter, two puddingspoonfuls of chopped peel, two tablespoonfuls of brandy, quarter of a teaspoonful baking powder, little milk, four eggs. Beat butter and sugar to a cream then add beaten eggs and flour alternately, then the fruit, brandy and baking powder. If too stiff, add a little milk. Put into a buttered tin, place buttered bands of paper rising out of the top round. Bake in a moderate oven one-and-a-half to two hours.

HALF POUND CAKE.

Eight puddingspoonfuls level of butter, six eggs, eight puddingspoonfuls of sugar, eight tablespoonfuls of flour, half wineglass of brandy. Beat butter and sugar to a cream, add each yolk of egg separately and beat well then flour, add whipped whites and brandy, put into a buttered tin, bake in moderate oven.

JAM SANDWICH

One breakfastcupful of flour, half breakfastcupful sugar, three eggs, two tablespoonfuls of butter, one tablespoonful of milk, one teaspoonful of baking powder.

Beat butter and sugar to a cream, add a little flour and one egg, repeat till all in, then milk and baking powder. Butter or flour two round tins and pour mixture in. When done, spread one side with jam or banana mixture.

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LEMON CHEESE CAKES.

Two dessertspoonfuls of butter, seven dessertspoonfuls of castor sugar, three eggs, grated rind and juice of two limes.

Put butter, sugar and lime into an enamel basin over a slow fire till dissolved, stir well. When cool, slowly add the beaten eggs, return to fire and stir till mixture thickens only. Lift and cool.

Line some patty pans with good short pastry, put a piece of bread crust in each and bake, when done remove bread and put a spoonful or so of mixture in.

MAIDS OF HONOUR No. 1.

Two puddingspoonfuls each of butter, sugar, one puddingspoonful of grated cocoanut, one tablespoonful of cooked fine sago, one egg, rind and juice of a lime.

Beat butter and sugar to a cream, stir in cocoanut and well beaten egg, add lime and sago, stir well. Line some greased patty pans with short crust and half fill with mixture. Bake in a hot oven.

MAIDS OF HONOUR No. 2.

Two puddingspoonfuls of butter, three heaped puddingspoonfuls of sugar, three heaped puddingspoonfuls of ground almonds, two eggs, raspberry jam.

Beat butter and sugar to a cream, add the almonds (blanched and crushed on a curry stone), then the well beaten eggs and four drops of almond essence. Line some patty pans with good pastry crust, put a small spoonful of jam in each and half fill with the mixture, bake in a moderate oven. These are excellent, and nearest approach to the original Richmond Maids of Honour.

MADERIA CAKES.

Four tablespoonfuls of flour, two eggs, two-and-a-half puddingspoonfuls level of sugar, two-and-a-half puddingspoonfuls of butter, one teaspoonful of baking powder. Cream butter and sugar, slowly add the flour, beating all the time, then add the beaten eggs, a little almond or

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vanilla flavouring, lastly the baking powder. Butter some patty pans and half fill or if preferred, put in one tin adding a piece of candied peel in the centre. Bake in moderate oven. This mixture is enough for about sixteen patty pans.

QUEEN CAKES No. 1.

Two puddingspoonfuls of butter, two puddingspoonfuls of sugar, two puddingspoonfuls of sultanas, one puddingspoonful chopped peel, eight puddingspoonfuls puddingspoonful of chopped peel, eight tablespoonfuls of flour, one egg, half a teaspoonful of baking powder.

Beat butter and sugar to a cream, add the flour, gradually beating it in, then the beaten eggs. Now the fruit and lastly baking powder. Beat well for a minute then put a little of the mixture into greased patty pans. Bake in moderate oven.

QUEEN CAKES No. 2.

Four puddingspoonfuls level of butter, two puddingspoonfuls castor sugar, two eggs, six tablespoonfuls level of flour, four puddingspoonfuls of raisins or currants, one tablespoonful of milk, half a teaspoonful of baking powder.

SCONES No. 1.

Eight tablespoonfuls of flour, two puddingspoonfuls of butter, pinch of salt, quarter of a teaspoonful of baking powder, a little sour milk.

Rub butter into flour lightly with tips of fingers, add salt, baking powder and enough sour milk to make into stiff dough. Turn on to a floured board, flour the hands and shape into a round, divide in four with back of a knife, bake in hot oven, halve and put butter between.

SCONES No. 2.

Two puddingspoonfuls level of butter, one teacupful of flour, half a teaspoonful of baking powder, about half a tumblerful of milk.

Sift the flour, work butter in with tips of fingers, add baking powder, stir gradually, add milk, mixing with a knife, turn out on to a floured board, roll out once. Cut into shaped pieces and bake on a floured tin. Cut open and butter.

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SODA CAKE.

Four tablespoonfuls of flour, one puddingspoonful of dripping, two puddingspoonfuls of currants, two puddingspoonfuls of sugar, one teaspoonful of chopped peel, quarter tumblerful of milk, a good pinch of carbonate of soda.

Put the carbonate of soda in a saucer with a little of the milk to dissolve. Now put into a basin the flour, sugar, currants, peel, melt the dripping a little and beat to a cream, then add the dry ingredients, a little at a time to the dripping with a little milk, also beating well. When finished add the carbonate of soda, stir, pour into a greased tin, putting a greased paper round the top to stand out, allow for cake to rise. Bake in a moderate oven.

SULTANA CAKE No. 1.

Eight level tablespoonfuls of flour, eight puddingspoonfuls of butter, four puddingspoonfuls of sugar, three puddingspoonfuls of sultanas, one puddingspoonful of chopped peel, four eggs, one teaspoonful of baking powder, four tablespoonfuls of milk, grated lime.

Beat butter and sugar to a cream, add yolks already beaten, sift in flour gradually stirring all the time, then fruit, peel, milk, baking powder and lastly the whipped whites. Don't beat, stir only, pour into a buttered tin and bake in a moderate oven.

SULTANA CAKE No. 2.

Sixteen level tablespoonfuls of flour, eight puddingspoonfuls each of butter, sugar, ten puddingspoonfuls of sultanas, two puddingspoonfuls of chopped lemon peel, three eggs, three tablespoonfuls of milk.

Beat butter and sugar to a cream, add well-beaten eggs, then fruit. Sift in flour, stirring all the time, lastly milk. Put into a buttered tin and bake in a moderate oven.

STALE BREAD.

If you have loaves of bread that are stale sprinkle them with water, and put into a hot oven for about ten minutes, turning once. It is even nicer thus than new bread. If oven not going, put into a clean frying pan and cover, place over a slow fire. Watch it carefully.

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TEA BISCUITS.

Eight level tablespoonfuls of flour, one puddingspoonful of butter or good dripping, two puddingspoonfuls of sugar, one teaspoonful of baking powder, one egg, little grated cinamon.

Work the butter into the sifted flour, add baking powder and cinamon, stir well and add the beaten egg and a little milk to make into a nice dough (or add another egg), turn on to a floured board, roll out about three quarters of an inch, stamp out rounds with a wineglass, put on a floured tin and prick with a skewer. Bake in a hot oven.

TEA CAKES.

Eight level tablespoonfuls of flour, one egg, one heaped teaspoonful of butter, one teaspoonful salt, warm milk, sift the flour, add salt, work in the butter with finger tips and sufficient *warm* milk to make into a stiff paste. Knead a little, stand for twenty minutes, shape with the hands, cut into squares, dust with flour, bake in a hot oven, cut open and butter.

ROCK CAKES.

Eight tablespoonfuls of flour, two puddingspoonfuls of dripping, two puddingspoonfuls brown sugar, two puddingspoonfuls currants, one egg, one heaped teaspoonful of chopped mixed peel, half teaspoonful baking powder, milk, nutmeg.

Rub the dripping lightly into the flour, add the sugar, currants, peel, some grated nutmeg, baking powder, beaten egg and enough milk to make a stiff dough. Lift pieces with a fork and place on a greased tin and bake in moderate oven.

VANILLA CAKES.

Three puddingspoonfuls butter, three puddingspoonfuls sugar, one teaspoonful of baking powder, four tablespoonfuls flour, one egg, milk.

Beat butter and sugar to a cream. Add the beaten egg, then slowly sift in the flour, stirring all the time, then about a tablespoonful of milk (if egg large less), quarter teaspoonful vanilla essence and than the baking powder. Beat for a few seconds. Grease some patty pans, put a little in each and bake in moderate oven.

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PASTRY.

GOOD PASTRY CRUST.

Eight tablespoonfuls of flour, four puddingspoonfuls of butter (level), one teaspoonful of sugar, half teaspoonful of salt, one teaspoonful baking powder, five tablespoonfuls milk.

Rub butter lightly into the flour, add sugar and salt then baking powder. Add the milk, turn on to a floured board and roll out lightly.

SHORT PASTRY CRUST No. 1.

Five tablespoonfuls of flour, one puddingspoonful butter, one puddingspoonful of dripping, one puddingspoonful castor sugar, one egg, pinch of salt, one teaspoonful of baking powder, squeeze of lime. Rub butter and dripping into flour, add salt and baking powder, stir, add the lime juice to the beaten egg and mix. Roll out on to a floured board. Very good.

SHORT CRUST No. 2.

Eight tablespoonfuls of flour, four puddingspoonfuls of good dripping, pinch of salt, half teaspoonful of baking powder. If wanted richer add the yolk of an egg, mix with ice cold water if egg not enough.

SUET CRUST.

Sixteen tablespoonfuls of flour, six puddingspoonfuls suet or good dripping, pinch of salt, enough milk to make into a stiff dough. Roll out on a floured board.

ADDITIONAL RECIPES.

BROWN VEGETABLE SOUP.

Peel and slice thinly three medium sized onions, one cucumber, one lobak, four potatoes and fry in a little butter till lightly browned and soft. Then add about five strands of celery green and some stale crusts of bread. Put into an enamel pan, and add about one and half pints of liquor that pork, ham or tripe have been boiled in, failing that, the bone from the roast joint, free from meat

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and the same quantity of water, add pepper and salt as required. When vegetables soft, take a soupspoonful out and rub the remainder through a collander, put back in pan with the liquor and the spoonful of vegetable, adding if liked a dash of Worcester sauce or the same of Bovril. Reheat, serve with squares of plain bread added the last moment. Quite good without sauce.

Enough for three persons.

WHITE VEGETABLE SOUP.

Same ingredients as for above recipe, do not fry. Prepare, put into an enamel bowl, add carcass of roast or boiled fowl free from meat and one and half pints of cold water. When vegetable done rub through a collander, add salt and a little black pepper, tiny bit of butter, a puddingspoonful of milk.

BROWN FISH SAUCE.

Peel and slice one large onion, fry in a litlte butter till browned, but not crisp. Sprinkle over a small teaspoonful of flour, adding slowly a small teacupful of water, good pinch of salt and black pepper, cook for a few minutes, then add half a teaspoonful of mushroom ketchup. Excellent with boiled fish.

Enough for three persons.

LIME MARMALADE.

Take two dozen good green limes. put into an enamel saucepan and well cover with cold water. Bring to boil, then drain. Roll each lime several times in a clean cloth to extract as much oil as possible, then slice all very thinly, rejecting the pips. When done, carefully measure for every level eighteen tablespoonfuls of fruit, add one and half pints of cold water. Stand over a slow fire and simmer till tender. Then leave till next day. Then for every portion fruit as quoted, add one pound of sugar. Use an enamel or earthenware bowl. Place over a slow fire and gently simmer, carefully removing any scum. Test by putting a little on a plate, if set, will be done. Put into small clean dry jars, and when cold cover with white paper and fasten down with white of egg.

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SHEEP'S BRAINS ON TOAST.

Lay the brains in a little salt and water for a few minutes. Lift and dry in a cloth, brush over with beaten egg, or flour and water paste, dip in browned bread-crumbs and fry in a little butter, when nicely browned, serve on hot buttered toast or fried bread. Sprinkle over a little cayenne pepper, salt, and squeeze of lime.

SHEEP'S BRAINS WITH BACON.

Fry the bacon crisply first and place on a dish, then take the brains, prepared as in above recipe, only cutting them into thick pieces, brush over with egg, dip into browned breadcrumbs, or better still, fine oatmeal and fry in the bacon fat.

Serve very hot.

SARDINE SAVOURY.

Lift the sardines carefully on to a large plate, carefully split them open and remove centre bone. Now roll finely on a curry stone, one slice of onion, half of a small capsicum, make into a paste with a small teaspoonful of tomato pickle. Spread on one side of the fish and add some thinly sliced and stoned olives, place other half of fish on top, arrange on a dish and decorate with sliced tomatoes and mustard green.

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HINTS ON COOKING.

Never leave soup in a saucepan for the next meal, turn out into a dry basin, iron always affects the flavour and if onion in, will turn soup dark.

When using lime peel, be careful to cut the green only, or your dish will be bitter.

Water that tripe has boiled in makes good foundation for soup. Also ham or bacon water.

Never add hot water to cold soup, it causes it to ferment.

All brown soups are improved by letting cold and reheating. White soups spoil by standing, should always be freshly made.

If your soup is oversalted peel and halve two large potatoes and drop in. This absorbs the salt, add a little sugar.

Always carefully cut away the gall bag from game and poultry. If the least bit left will make the dish bitter (gall bag is in centre of liver).

Always keep three frying pans going, one for fish, one for frying, one small for omelettes and pancakes only. Never wash the latter, rub with a piece of paper only.

Bay leaves sent out from home will last years in a good tin and are most useful.

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Before a fish kettle is put away, see that it is perfectly dry, then take a fowl's feather, dip into salad oil and run it round the inside seams to prevent rust.

Keep three kinds of dripping going, one for fish, one for frying that has been used for roasts or anything that may be flavoured and one for special roasting or frying, a No. 1 and a No. 2 in fact.

Never fry fish till fat is past boiling and is perfectly still and smoking.

Garlic otherwise known as " Bawang Puteh " may be purchased in the market or Kling shops all the year round (little cloves of onions, round one stem), cost about one cent for one or two stems.

Don't confuse mixed spice with mixed herbs, the latter, used mostly for soups and forcemeats, and the former for pudding usually. Both to be had in European shops.

Cloves, coriander seed, mustard seed, nutmegs, kuning, almonds, black and white peppers, split lentils, haricot beans, cinnamon, dry ginger, all these may be bought at the Kling shops for a few cents.

Few things require fast boiling, except boiled puddings, vegetables, macaroni.

Best way to keep macaroni and spaghetti is to break it a little and put into glass bottles with air tight lids, don't keep in cover, cardboard absorbs the damp.

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Meat puddings always serve from the basin accompanied by a small jug of hot water in case the gravy is too thick. Fruit puddings turn out.

Always remember to remove the feet of poultry, etc., exactly at the knee joint bend first, if cut above the knee the meat will shrink in cooking.

Always save odd pieces of cheese, they come in for making sauces, and stale cheese makes better macaroni cheese than new.

The native cooks' idea of roasting joints is to sprinkle over freely with Chinese sauce and salt. Naturally the sauce drains the juice out, the very thing that should be kept in, even if you give him good dripping for the joint, if he is not watched he will still do the same and steal part of the dripping too.

Always see that all the ingredients are dry before pickling or preserving, and the vessels they are cooking in clean and dry, also the bottles, the least suspicion of damp will cause fermentation.

In making omelettes the eggs must be perfectly fresh and the plate, basin and fork quite dry. Carefully separate the eggs, if a little yolk gets in the white won't whip, or if plate damp, stand in a cool place to whip.

Always see that the gravy from the roasts is kept. It is useful for many things, besides adding to the ragout.

Never eat market salad, most dangerous, can be home grown at a small cost.

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The secret of good roasting is continual basting, a fact the native cooks can't grasp or won't.

Made sandwiches not required at once should be put between two large plates and a clean damp cloth covered all over.

Save scraps of bread and every now and again put into tin in a warm oven to bake right through, don't brown, roll finely on a pastry board and keep in a glass jar near at hand for frying purposes, fish, chops, etc.

When preserving fruit, never put the lid on pan after the sugar is added, otherwise the steam condenses, and goes back into the pan and will cause the fruit to ferment.

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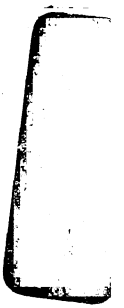

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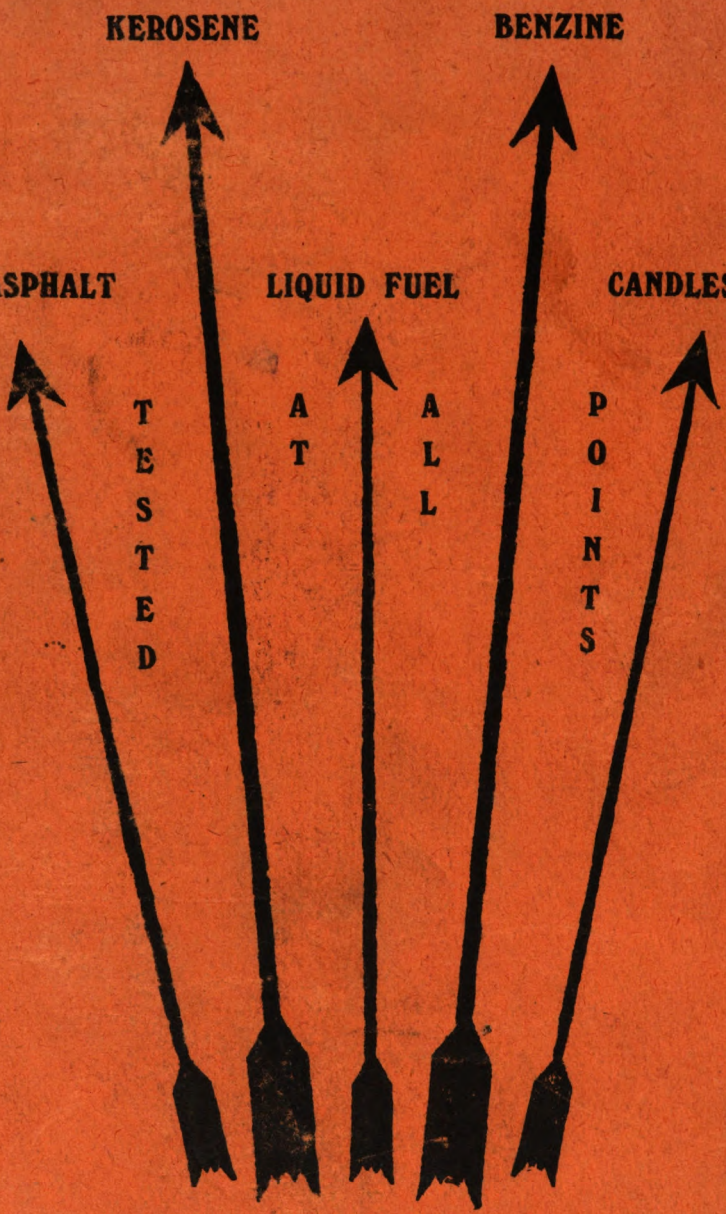

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